

December 2009 Edition

“HEAVENLY HERALD” NEWSLETTER

Pastor Ralph Orton, Ministering
Sherry Orton, Bible Study

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

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

WELCOME
to the

“Biggest Little Church in Town



CHURCH NEWS:

• **The Newlyweds:** Our church body was privileged to witness a marriage on November 7th, officiated by Pastor Ralph, as he joined in holy matrimony, Robert Camelli and Barbara Jones immediately following our worship service. It was a lovely, intimate ceremony inside our sanctuary. Barbara's son, Don, gave the bride away, and then served as Robert's best man. Unlike so many marriage ceremonies, theirs went off without a hitch. Nobody passed out, or said their vows backwards. It was a beautiful joining of two lives, asking for God's blessing on their union.

Dollie photographed the wedding, the reception that followed, the throwing of the bridal bouquet (caught by Mary), the throwing of the bride's garter belt (caught by Dane), and group photos of the congregation. She graciously offered to put the bride's and groom's photo album together.

We wish Mr. And Mrs. Robert Camelli a wonderful life together in the love of our Lord Jesus Christ.

• **Helping Hands Ministry:** The baskets were delivered on November 23rd by Charla, Claude, and Mary. Claude and Mary received the Helping Hands money from the treasurer on the 21st, and shopped for fresh foods and supplemental basket items on the 22nd. They planned it in such a way, that *they got free turkeys!* Claude and Mary spent equal amounts per recipient for fresh food and supplemental items. The Helping Hands money that remained was distributed to the recipients to help with utilities, rent, car repairs, or whatever their needs might be.

Pastor Ralph met the group at the church on the 23rd to help them load all that was given for the event. There were 6 recipients this year, which is up from last year by two. Each recipient also received an Arco gas card valued at \$25, except one that doesn't have a car. That person received a \$25 Applebee's gift card.

A special "thank you" goes out to everyone who participated in donating food, household items and cash for this much needed and appreciated outreach. May God continue to richly bless each one of you. The more we give of ourselves, and the more we share the things that God has given to us, the more blessings we received from God. II Corinthians 9:11 says, "You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. This service that you perform is not only supplying the needs of God's people but is also overflowing in many expressions of thanks to God." **God is so good!**



PASTOR RALPH'S
NOTES OF ENCOURAGEMENT



We all received a small rock a few weeks back to remind us not to cast stones. Here is a story about 'big' rocks that also has a good message. Let us keep our priorities straight and remember that Jesus is the Rock above all rocks and **He** comes first. He is the Rock of our salvation and the Rock on which the church is built.

Big Rocks

A while back I was reading about an expert on the subject of time management. One day this expert was speaking to a group of business students and, to drive home a point, used an illustration those students will never forget.

As this man stood in front of the group of high-powered overachievers he said, "Okay, time for a quiz." Then he pulled out a one-gallon, wide-mouthed Mason jar and set it on a table in front of him; then he produced about a dozen 'fist-sized' rocks and carefully placed them, one at a time, into the jar.

When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?" Everyone in the class said, "Yes." He then said, "Really?" He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar causing pieces of gravel to work themselves down into the spaces between the big rocks.

Then he asked the group once more, "Is the jar full?" By this time the class was onto him. "Probably not," one of them answered. "Good!" he replied. He reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?"

"No!" the class shouted. Once again he said, "Good!" Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then he looked up at the class and asked, "What is the point of this illustration?" One eager beaver raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard, you can always fit some more things into it!"

"No," the speaker replied, "that's not the point. The truth this illustration teaches us is: If you don't put the big rocks in first, you'll never get them in at all."

What are the 'big rocks' in your life? A project that *YOU* want to accomplish? Time with your loved ones? Your faith, your education, your finances? A cause? Teaching or mentoring others? Remember to put these BIG ROCKS in first, or you'll never get them in at all.

So, tonight, or in the morning when you are reflecting on this short story, ask yourself this question: What are the 'big rocks' in my life or business? Then, put those in your jar first...

Pleased to be yours in Christ,

Ralph

UPCOMING EVENTS & COMMUNITY ACTIVITIES

Wednesday Evening Bible Studies, led by Pastor Ralph Orton. Class is on break until further notice.
Women's Luncheon on the third Wednesday of each month. We will meet on December 16th, 12:00 pm at "Ethereal Café" located at 208 SW "6th" Street in Grants Pass next to the Kitchen Store between "G" and "H" Streets.
Christian Music Jam: 1st Friday of each month at "The Grange" on Redwood Avenue, 6:00 pm.
Family Movie Matinee: December 5th at 2:30 pm following the potluck in the sanctuary. The movie is entitled, "God's Outlaw, The Story of William Tyndale".
Bible Forum: December 12th 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.
Church Business Meeting: December 19th at 2:30 pm following the potluck. Discuss church calendar.
Prayer Meeting: December 26th at 2:20 pm following the potluck.

Women's Luncheon Update: On November 18th, the ladies met once again at "Ethereal Café", located at 208 SW 6th Street. There were 5 in attendance (Mary, Ginny, Charla, Sherry, & Vicki). Others were unable to attend, due to a variety of reasons. We missed you! Though you were absent, we enjoyed our time together. All was well with the world.

Ethereal is a Christian business with the gift of hospitality. Stop by and introduce yourself sometime. While you're at it, please stop in next month and join us for lunch, as we honor



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

Jason Poole: Discount Carpet Cleaning / Handyman, no job too big or too small. 541.441.0366
Valentine & Owings: Home Improvement (all types): painting, lawn & garden, fencing, etc. Free estimates. 892.6886
Free land! If you have free land (an acre or so), or know of somebody who can donate their land, please contact Pastor Ralph at 541-479-2440, as we are in need of a church building site.
Free travel trailer needed. Contact Jason Poole at 541-441-0366

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

“SHERRY’S MESSAGE”



“The Christian’s Wardrobe”

How susceptible we are to the trends in styles and fashions! We see the hemline on women’s dresses moving from one extreme to another. In our permissive society, it appears that any garment (or lack of garment) is acceptable. However, despite all the changes in fashions, there is one garment which must never change or be discarded — the Christian’s Wardrobe.

The child of God must be fully clothed spiritually. The Apostle Paul proclaimed: “Put on all of God’s armor so that you will be able to stand safe against all strategies and tricks of Satan ... You will need the strong belt of truth and the breastplate of God’s approval. Wear shoes that are able to speed you on as you preach the Good News of peace with God. In every battle you will need faith as your shield to stop the fiery arrows aimed at you by Satan. And you will need the helmet of salvation and the sword of the Spirit — which is the Word of God”. Eph.6:11; 14-17

We battle an unseen foe. We cannot discern the enemy. We are not fighting against people made of flesh and blood, but against persons without bodies — the evil rulers of the unseen world. Eph. 6:12, 1.b One of Satan’s favorite weapons is camouflage, the art of appearing to be something he is not. Just as the American soldiers in Southeast Asia could not differentiate between the South and the North Vietnamese, because they dressed and looked so much alike, the *‘individual in himself’* cannot discern spiritually between what is of God and what is of Satan. Craftily, the wicked one can even transform himself into an angel of light. (see II Cor. 11:14)

When David chose to fight Goliath, Saul decided the least he could do was offer the lad his armor. However, King Saul was a big, robust man and his clanking battle array surely did not fit the fleet-footed young shepherd. Instead, David chose the only weapon he could rely on: a stone, a sling, and the power of God. Having heard Goliath’s wild egotistical accusations, David declared, “Who is this uncircumcised Philistine, that he should defy the armies of the living God?” (I Sam. 17:26) As a Christian soldier, we too, can assert, “Who is this evil one, that he should defy the army of the living God?” There is no reason why we should be deceived. By the grace of God, we can discern his devious devices.

It is our individual responsibility to utilize our spiritual armor and to keep our Christian wardrobe clean, pressed and ready for service at all times. We do not know when Christ will appear. May we walk humbly, pure, and undefiled before God, that He may clothe us in the wedding garments. “Everyone who conquers will be clothed in white. (Rev. 3:5)

HEADS UP! We are about to begin an exciting new Bible Study 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.

Just Joking ...

A man was praying, when God spoke to him. He told the man that he's been a faithful follower, and when he goes to sleep that night, he will peacefully die and go to heaven. The man asked God if he could bring something with him to heaven. God thought about it and gave the okay.

That night, the man went to sleep and peacefully died, just as he had been told he would. The next thing he knew, he was standing at the pearly gates, holding a suitcase. St. Peter told him he couldn't bring the suitcase inside. The man assured St. Peter that he had permission from God. St. Peter looked at him a bit puzzled, and told the man that he would be right back.

Upon his return, St. Peter was shaking and scratching his head as he approached the man. "Well, you're right! You can bring the suitcase in; but, do you mind if I look inside? Nobody has ever been granted such a request before." "Not at all", the man replied.

To his surprise, when St. Peter looked inside, he saw a gold brick, and asked, "Of all the things you could have brought, why did you bring pavement?!"

Plants Aid Postoperative Recovery



It has long been suspected that contact with nature can reduce stress, produce positive feelings, and ease the suffering of the sick. New research confirms that belief. "Patients were randomly assigned to hospital rooms with or without plants during their postoperative recovery periods," explains Science Daily. Patients who had plants in their rooms experienced less pain, needed significantly less pain medication, had better heart rate and blood pressure, and reported greater satisfaction with their rooms than their counterparts. Some 93 percent of those exposed to plants said that these were the "most positive" aspect of their rooms.

- AWAKE October 2009 (Offered by Claude Sorensen)

DID YOU KNOW?

The Amazon Once Hosted Urban Civilizations?

Vast areas of southern Amazonia believed to be virgin forests may once have hosted urban communities "surrounded by large walls." this conclusion was reached by anthropologists working in Mato Grosso, Brazil. There they discovered "networks of walled towns and smaller villages" over-grown by tropical forests and covering an area of perhaps 11,600 square miles. Some of the towns occupied 150 acres. A report by the University of Florida, whose anthropologists made the discovery, says that the settlements "date from around 1250 to 1650, when European colonists and the diseases they brought likely killed most of their inhabitants."

- AWAKE October 2009 (Information offered by Claude Sorensen)

Well, this is for you, if you're nervously awaiting marriage!

Planning for a Divorce

A record number of Australians are signing prenuptial agreements that require their partner to meet specific lifestyle conditions, reports Sydney's *Sunday Telegraph*. Prenuptial agreements are contracts that spell out how couples will divide their assets in the event of a divorce. Many agreements now stipulate the lifestyle each partner must maintain for the marriage to last. Clauses can define who cooks, cleans, or drives, as well as whether pets are allowed, how much each partner can weigh, who walks the dog, and who takes out the trash. Lawyer Christine Jeffress notes that people "have less expectation that their relationship is going to last forever."

- AWAKE October 2009
(offered by Claude Sorensen)

Parents Struggling to Show Affection

"An increasing number of parents need an instruction manual on how to treat their little children, since they are apparently incapable of showing them natural affection," says Polish magazine *Newsweek Polska*. Parents need to be taught the basics, such as hugging their children, playing with them and singing to them. These activities are vital for children's balanced development. Research shows, however, that "among Polish families, watching television and shopping took first place in the most common ways that parents spend time with their children." Playing together came in only sixth. - AWAKE October 2009 (offered by Claude Sorensen)



“You’d Have to Have Been There”

Written by Sonny C. van Kempen

You’d have to have been there in my childhood to understand exactly how I became the person I am today. Just like anyone else, I’ve had my ups and downs, my challenges and my successes. I’ve had my share of disappointments; but with each hurdle has come a strengthening of my character. I knew all along that God was with me, even though my words and actions didn’t always reflect His love. He was there all the time, watching over me ... waiting for me to turn to Him with my *whole heart*.

I was ten years old when I became aware that Jesus loves me. I overheard some adults talking about Him one hot summer afternoon. They said that He was coming in the clouds one day, with angels all around Him, and trumpets would be sounding. When I heard that, I was encapsulated in that moment. It was as if time stood still for me. I went off by myself and sat down on the ground looking up at the sky ... watching – waiting ... for Him. I had fallen in love with Jesus that day and couldn’t wait for Him to come down from the sky. I wanted to see Him and look into His loving face. I was His. I never stopped watching and waiting for Him. Even now, I find myself looking toward the heavens, longing for Him. One day, He will come. We will all bow down before Him; and all will be changed.

In the shuffle of life, I did all manner of sin. I don’t know why I did the things I did. Perhaps, it was simply that I was thinking primarily about sin. Even so, Jesus was always in my heart; but He was not my focus. Somehow, through many losses and persecutions, I made my way. I don’t know how, but by the grace of God, the tragedies which made me weak, continued to make me stronger. My message to you is: ‘persevere’, no matter what! Jesus loves you. Live for Him. Look up to the heavens. His appearance is near! May God bless you, as you allow Jesus to guide you on His path.

* Taken from a book written by Sonny C. van Kempen entitled, “From the Inside Out” He Speaks Healing ...’

© Sonny C. van Kempen 1988; modified 2009

PRAISE IN SONG

Original Lyrics by Mike Kostal

© Mike Kostal 2001



“Only in Christ”

Verse 1 **Only in Christ**
will you find the truth -
the truth that will lead,
lead you to heaven.

Verse 2 **Only in Christ**
can you find the love -
the love that we need,
we need for each other.

Verse 3 **Only in Christ**
can you find the answer -
the answer for life,
life everlasting.

Verse 4 I’ll Say it again,
Only in Christ
can you find **Bread**,
Bread that will feed
us forever.

PRAYER REQUESTS

November 21, 2009

For removal of prayer requests, or to request a prayer, call 541-479-4220.

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.

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.

Healing Rooms Ministry, that God will enlighten and lead all people involved in ministering at every location.

Women's Fellowship Luncheon, for their close bond to continue to grow & good fruits to be produced.

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

Godly Sorrow, which leads to repentance, as repentance leads to salvation.

Ralph, Sr. for God's leading as he pastors the church; & for **Sherry**, as she teaches Bible studies; **Michael**, strength in the

Lord; **Alex**, that God will provide a job for him; **Rav & Jan**, need help as they are enduring a fair amount of difficulties;

Nichole for a returned will to live, be happy, a touch from God; for the parents of Nicole's friend; **Tasha**, that she will

continue to allow God's leading; **Chris** continued growth and strength in the Lord in her new walk; 2 unspoken requests.

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, healing for her daughter, son-in-law & Kylie; for Godly sorrow for Devan & Derek; **Phil**, turn to the Lord; **Don**, to find gainful employment; **David**, who needs the Lord; continued healing of Devan from the Swine Flu; **11-year old child** whose dad killed his wife and himself.

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.

Charla, for their house sale in God's timing; for peace, joy & strength in the Lord for her family; for her sons; for Charla's good health, peace & joy; & for an unspoken request; salvation for Alonda & her family, Tom & Lindemann.

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; and for her children an unspoken prayer.

Terry, Shalii & family, blessings on their family and business; and acceptance that they will have to move again & that they will be ready.

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 Triplet, healing. She has a blockage in her neck to her brain, bleeding & swelling in her brain.

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

Terry, for healing, strength & perseverance, as he struggles from serious health issues.

Dale-Marie, that she will be blessed with a good job and a loving husband.

Vera, for healing & peace.

Linda, will be blessed with a job in her field.

David, 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 & Vince, Jr., for their healing from the death of Vince; and peace and healing for Marjean.

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 nose cancer removal & plastic surgery; **Valli**, healing from an eye infection and God's leading; for **Verl & Patty**; 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; **Candy**, for well-being & blessings.

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.

Ryan, needs guidance, strength & comfort.

Grant, healing & delivery.

Roy, return of good health; for **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.

ACTS Magazine, for God to provide their publishing house with better equipment.

Jennie, continued healing from her heart issues, and release from the hospital.

Richard & Gladys, and family as they are enduring difficulties.

Enfluenza, that God will guard people against the flu viruses and give healthy immune systems.

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.

Robert & Barbara, God's blessings as they embark on a new life together as husband and wife; for Robert to have relief from back pain and Rheumatoid Arthritis.

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.

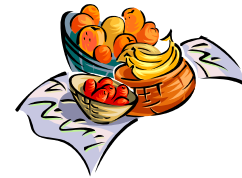
Philippines, healing and recovery from the hurricanes.

Richard & Beth, success in their inter-country adoption.



Offered by Ginny Sorensen

HEALTH TIPS



Do you have a family history of cancers? Here are a few foods that may help reduce your risks:

Live longer—with CAULIFLOWER: Cauliflower is loaded with nutrients that seem to wage war against a host of diseases, including cancer. It's also an excellent source of vitamins and minerals that are essential for keeping the immune system strong. - The Doctors Book of Food Remedies

One study found that eating just four servings of cruciferous vegetables, such as cauliflower, a week slashed the risk of dying from any medical cause by 26%! - The Doctors Book of Food Remedies

BRAZIL NUTS— Slash your risk of colon cancer by eating just one brazil nut each day. Brazil nuts are high in selenium, and doctors at the University of Arizona found that men with high levels of selenium are **six times less likely** to develop colon cancer than men with low levels. - The Doctors Book of Food Remedies, page 134

CARROTS — Reduce your risk of cancer by eating carrots. Who knew?

MUSHROOMS— Help to prevent breast cancer! Researchers at City of Hope, a cancer research and treatment center in Duarte, California, have found that certain mushrooms - available at most produce markets, suppress estrogen production and help to reduce the risk of breast cancer. They help reduce and may even reverse tumors of the breast. If you like mushrooms, eat up!

- 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.*

The Cold and Flu Remedy that Fights Cancer

You've probably heard of natural cold remedies like echinacea, goldenseal and garlic. But here's one that's even better ... one that many doctors take every day to ward off all kinds of illnesses.

This amazing remedy boosts your immunity against colds and flu ...
... It kills all kinds of infections—from viruses to bacteria to fungal infections ...
... It helps heal bronchitis and pneumonia ...
... And it's one of the world's best ways to prevent cancer!

So, just what is this miracle remedy? It's an ancient Chinese herb called *Huang qi*. But you probably know it by its more common name, *astragalus*. Dozens of studies show that astragalus is a powerful immune booster that increases your body's production of T-cells, macrophages and NK (natural killer) cells. And recent studies show it's a potent cancer fighter, as well.

In one study, astragalus was able to restore immune function in 90% of the cancer patients studied! And in 2 other studies, cancer patients receiving astragalus had TWICE the survival rate of those who only received standard therapies!



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.*

Belgian Parents Risk Prison Over Kids' Polio Vaccinations

By Maria Cheng—Associated Press

LONDON - As doctors struggle to eradicate polio worldwide, one of their biggest problems is persuading parents to vaccinate their children. In Belgium, authorities are resorting to an extreme measure: prison sentences.

Two sets of parents in Belgium were recently handed five-month prison terms for failing to vaccinate their children against polio. Each parent was also fined \$8000.

The parents' sentences were delayed to give them a chance to vaccinate their children. But if that deadline also passes without the children receiving the injections, the parents could be put behind bars.

Because of privacy laws, Belgian officials would not talk specifically about the cases, such as why the parents refused the vaccine or how much longer they have to get their children vaccinated.

The polio vaccine is the only one required by Belgian law. Exceptions are granted only if parents can prove their children might have a bad physical reaction to the vaccine. There are no exceptions for people who object to vaccinations on religious grounds.

"Polio is a very serious disease and has caused great suffering in the past," said Dr. Victor Lusayu, head of Belgium's international vaccine center. "The discovery of the vaccine has eliminated polio from Europe and it is simply the law in Belgium that you have to be vaccinated. ... At the end of the day, the law must be respected."

The highly infectious disease is spread through water and mainly strikes children under 5. Initial symptoms include fever, headaches, vomiting, stiffness in the neck and fatigue. The polio virus invades the body's nervous system and can lead to irreversible paralysis within hours.

Some ethicists back the hard-line Belgian stance.

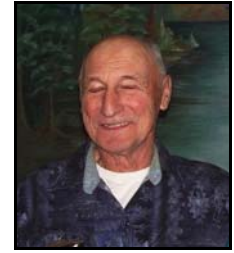
"Nobody has the right to unfettered liberty, and people do not have the right to endanger their kids," said John Harris, a professor of bioethics at the University of Manchester.

"The parents in this case do not have any rights they can appeal to. They have obligations they are not fulfilling."

Nine out of every ten disasters are now climate-related. Recorded disasters have doubled in number from 200 a year to more than 400 over the past two decades. - John Holmes, United Nations Under-Secretary-General for Humanitarian Affairs and Emergency Relief Coordinator.

HOW POLITICS AFFECT CHRISTIANITY

submitted by Claude Sorensen



Human Rights for Indigenous Peoples

The United Nations Declaration on the Rights of Indigenous Peoples, adopted in 2007, has now been translated into Maya and Nahuatl, the two most widely spoken indigenous languages in Mexico. "At least 10 million people [in Mexico] are not aware of their rights," says the newspaper *El Universal*. "Therefore, they often do not know that they are victims of abuse." The translations, it is said, will be a tool for enabling these people to have their basic human rights respected. - AWAKE 2009

Selling Virginity

The readiness of some Polish youths to have their first sexual experience for money shocks sociologists, reports the magazine *Newsweek Polska*. A simple message reaches young people from all sides: everything is for sale," says psychologist Jacek Kurzepa of the University of Zielona Gora. An increasing number are even auctioning off their virginity on the Internet. The price that young people pay for making such a choice, however, is high. "that decision has an impact on the rest of [one's] life and the future relationship with a partner," says Kurzepa.—AWAKE 2009

Pornography Disturbs Children

Children are confronted with harmful pornographic and violent Internet videos at an increasingly early age. According to Heinz-Peter Meidinger, chairman of the German Association of Philologists, boys 12 and older often know how and where to find Web sites featuring extreme violence or degrading pornography. While children may appear outwardly tough and unconcerned, inwardly many are shocked and disturbed at viewing it. Meidinger urges parents to be interested in what is on their child's mind and on his or her computer. - AWAKE 2009

Study Rejects Caterpillar-ancestry Claim

No mixing of Species: Researchers say caterpillars did not spring from hybrids of other creatures.

Caterpillars evolved normally, genome researchers reported Monday as they rejected an "astonishing and unfounded claim" by another scientist that their ancestry traces to mating between unrelated species. The *Proceedings of the National Academy of Sciences* study, by Michael Hart of Canada's Simon Fraser University and Richard Grosberg of the University of California-Davis, refutes an August study from the same journal by retired researcher Donald Williamson. In the August study, Williamson proposed that caterpillars sprang from hybrids of velvet worms, bug-like creepy-crawlers and insects such as scorpionflies. But Hart and Grosberg found that caterpillars lack velvet worm genes and possess a genome much larger than insects proposed as mating partners by Williamson, making hybrids unlikely. - Dan Vergano

Recipe of the Month

By Ginny Sorensen

CORN PUDDING

Bake for one hour!

1 can of golden crushed corn
2 eggs, slightly beaten
2 tbsp of flour
2 tbsp of sugar
1 cup of milk
Salt and pepper to taste
Lots of butter (2-3 tbsp)



Mix all ingredients together. Place in a buttered casserole dish. Bake slowly in an oven at 300 degrees.

* Double the ingredients for a larger group.

Just a little something to keep in mind ...

You know all of those trips you make to the grocery store, bank, post office, gas station ... you know, all of those errands you run?

Think of all the missed opportunities you have to represent Christ in your words or deeds, simply because you were focused on the task and not on the person or people who are helping you.

A challenge to you, would be for you to consider a quick little phrase to say each time you're out and about, that will represent Christ. Something as simple as "Thank you. God bless you" could make a difference. Who knows what a phrase and a smile might bring?

And, remember ...

People are always watching for any sign of hope these days. Perhaps, you will be the one to bring it to them!



GARDEN or HOUSEHOLD TIPS

Offered by Charla Blankenhorn

ASK OUR EXPERT:

Q I heard it's unsafe to flush old medications, which is what I've always done. What's the best way to get rid of them?

A You're right to check this out. Drugs put down the toilet can get into groundwater. What's more, in 2007, the federal government issued new rules about medicine disposal to prevent trash foraging by drug addicts and curious kids.

There are plans in the works to create community drop-off locations; but in the meantime, here's the proper way to pack them up for trash disposal:

- **Pills:** *Transfer from the bottle (which addicts look for) to a covered container or zip-top bag. Mix with old coffee grounds or cayenne pepper to put off people or animals.* **Liquids:** *Also transfer. Add in some cat litter, sand or sawdust to solidify and seal carefully.* **Empty bottles:** *Black out personal info before tossing.*

(Birnur Aral, Ph.D., health, beauty & environmental sciences dir.)

Scripture Readings for October/November

October 31 - Genesis 11:10-9

Theme: "Don't Think Highly of Yourself. Be Humble."

November 7 - Genesis 2:20-24

Theme: "Woman Came from Man's Rib: Innocent Were They"

November 14 - Ephesians 4:11-16; Hebrews 13:17; James 3:1

Theme: "Respect & Listen to Our Church Leaders"

November 21 - II Corinthians 9:6-15

Theme: "Thanksgiving to God As Our Blessings Overflow"

November 28 - John 14:1-7

Theme: "Do Not Let Your Heart Be Troubled"

Person of the Month

Claude was brought up in a Christian home on a ranch in Dakota, the youngest of 4 children. His mother, a Sabbath keeper, traveled wherever the Lord led to preach the Word, leaving Claude frequently by himself. They had faith that God would provide for their needs. Claude's dad was a train conductor, so sometimes they rode free. They moved to Bellflower, CA, where Claude finished school, while living with his brother. He later enlisted in the army for 4 years, and served in Korea as a Tank Commander.



Claude Sorensen

Upon discharge, he joined the rodeo circuit as a bull-rider, until his shoulder was broken. He owned pinto horses, and loves trains. Every year, he enjoys giving children & adults train rides at the Train Park in Medford.

Claude and Ginny met in 1974, and married the following year, having a "square dance" wedding. He began square dance calling, and had 3 clubs, which kept them traveling for 10 years from the coast of CA to WA.

Claude has a daughter, Candace, who recently married and is residing in Colorado.

Claude has been serving as an elder for 2 years in our congregation. Claude has been offering important articles for our monthly church newsletter on "How Politics Affect Christianity". He has done an amazing job in keeping us informed through that medium, as well as, in our weekly Sabbath prayer & praise times. He has recently been involved in a ministry for the homeless in Grants Pass for the past year; and has done a

wonderful job in spreading the gospel as he helps to feed them and find shelter for them.

As most of our church members do, Claude has been a real blessing, as he ministers to and helps individuals in their personal projects.

His wife, Ginny, says that "they *live* their marriage; and they treat each other as newly weds, and enjoy each other".

**HAPPY BIRTHDAY TO
OUR DECEMBER
CHILDREN!!!**



***Mary, December 7
Char, December 31***



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

A new "Basic Bible" class is in the making; and we're revising the format of the Sabbath School Children's Program.

Because God has blessed us with Christians who are relatively new in the Lord, we would like to offer "Basic Bible" lessons during the Sabbath School hour, which will be in addition to our Sabbath School Children's Program. Does that sound impossible for Dollie and me to accomplish? Well, it is. When we do this, there will be a need for at least one other person to help in the Sabbath School Children's Program, and at least one back up person in case of sickness or emergency. For the protection of both children and teachers, there should always be two adults in children's classes.



The way this new revised program would work, is that any children that come for Sabbath School, would attend the opening session of the "Basic Bible" class for the Bible lesson. After the opening Bible lesson, Dollie (and one volunteer)would take the children to another room and continue with age-appropriate activities based on the Bible lesson. The *adults* in the "Basic Bible" class would continue with discussion and interaction on an adult level.



If you are interested in making a commitment to help with the children's class when the Lord brings children to Sabbath School, please contact Dollie or myself. We are really looking forward to the new class and what the Lord is going to do in our church family. The new "Basic Bible" class will be open to any adult who wants to revisit the simple truths of God's Word.

Malachi 3:16-18
[NASV] God spoke through Malachi,
whose name means "my messenger".
It was sometime around 433 B.C.

{16} Then those who feared the Lord spoke to one another, and the Lord gave attention and heard it, and a book of remembrance was written before Him for those who fear the Lord and who esteem His name. *{17}* "They will be Mine", says the Lord of hosts, "on the day that I prepare My own possession and I will spare them as a man spares his own son who serves him." *{18}* So you will again distinguish between the righteous and the wicked, between one who serves God and one who does not serve Him.



Church of God 7th Day, and guests (including the 4-legged kind [6 in all])

As you can plainly see, this group is a happy group! It would have been wonderful having the rest of our church family present at the time this photo was taken; but sometimes, that's just not possible. For those who were missing, you were indeed in our prayers and thoughts, as we enjoyed our outing.

We're a church family who prays together and plays together. If you're looking for a church home where love abounds, we invite you to come and join us as we worship our Lord together. We're not a 'formal' people. We're a simple, but joyful people, who loves our Lord Jesus and desires to share Him with others. We understand your value as one of God's creations, and would love to show you how important you are to us. So, give us a call or come by for a visit. We hope to see you soon!

(See the front cover for contact information.)

The verse at the very center of the Bible reads thusly: ***"It is better to trust in the LORD than to put confidence in man."*** Isn't it amazing, that such a message would be found at the very core of God's word? As we go through this world, it will do us well to remember that man *will* let us down; but God will "not fail you or forsake you" (Joshua 1:5). Hold fast to your faith and trust in GOD, and God alone. You will be wise in doing so!

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.

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