

October 2024

October Newsletter

Sequim Seventh-day Adventist Church Newsletter
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Pentecost 2025 by Mark Pekar

Pentecost 2025 is a North American Division initiative with a goal of 3000 congregations participating in evangelistic efforts in the coming year. Our Sequim church has decided to participate, along with more than 70 of our sister churches in the Washington Conference. We will receive a \$6,000 grant to help us do this work. But this isn't just business as usual. Pentecost 2025 requires a minimum of 15 public meetings, but the difference is that 10 of those can be *Bridge Events*, in other words, invitational gatherings to serve our community, through which we can build relationships with a spiritual goal. We're already doing some of these things: Cooking Classes, Health Seminars, MOMCo, VBS – even weekly small groups qualify as long as they have members who are not Adventists. Those who attend our bridge events will be given invitations to a short preaching series next September where they will have an opportunity to make a choice to follow Jesus and/or become members of our church. Qualifying bridge events can be almost anything that serves our community, builds relationships, and has an intentional spiritual component.

As part of Pentecost 2025, over the next 12 months we will also use social media to find people in our town who may be interested in studying the Bible. Then, in September, Pastor David Smith will be our guest presenter for the final five evenings. David was our Camp Meeting speaker here three years ago when our Conference did post-COVID area Camp Meetings.

We are currently in the planning stage. Please begin to make Pentecost 2025 a vital part of your prayers each day. Ask God to provide laborers for the harvest field – maybe one of them will be you! Pray for people we don't even know yet, who we will meet and become friends with. Pray for Jesus to show you which friend you can invite to a small group or one of our other bridge events. Pray for the Holy Spirit to guide us in God's plan. You will be hearing much more about Pentecost 2025 in the days and months to come. Let's see where God leads us.

(Editor's Note: Washington Conference's prayer ministry coordinator, Randy Maxwell has a page on the Conference website with links to be part of a Zoom "closet concert of prayer." Dates are October 23-26 at 6:00 am and 6:00 pm. For details and to join go to <https://www.washingtonconference.org/news-and-updates/pentecost-2025-call-to-prayer> Randy's closing thought was . . . "White wrote, 'We should pray as earnestly for the descent of the Holy Spirit as the disciples prayed on the day of Pentecost. If they needed it at that time, we need it more today,' Prayer, p. 119:3. Now is the time to pray!")

Cooking School

by Susan Stewart

On August 26 we had another hands-on cooking session by Heather Reseck, registered dietician and nutritionist. The theme was Longevity Cuisine: Fresh and Healthy Italian Dishes inspired by Sardinia's Blue Zone. The menu included Vegan vegetable lasagna, summer minestrone soup, crispy Sardinian flatbread, mixed greens salad, vegan parmesan, amaretti cookies, vegan gelato, and cashew-cauliflower ricotta.

Join us for a delicious culinary journey exemplifying another Blue Zone, Okinawa, Japan, on October 28, Monday, from 4:30-7:30pm at the church fellowship hall. Register at: heatherreseck.com, Sequim classes.



Library Corner

by Mary Thayne

Following are some different books that have been added to the library:

Facing Frenemy Fire. When friends attack, thrive... don't just survive! by Jim Hohnberger. Have you ever been wounded by a friend, relative, or church member?

Manners and Customs in the Bible. by Victor H. Matthews. An Illustrated Guide to Daily Life in Bible Times. Revised edition.

The Perfect Gift. by Lee Venden. Illustrations by Darrel Tank. Life-changing encounters with Jesus.

Are You More Spiritual than a 5th Grader? by Karl & Claire Haffner, A father and his daughter share the timeless teachings of Morris Venden.

The Prophet and Her Critics. by Leonard Brand and Don S. McMahon. A striking new analysis refutes the charges that Ellen G. White "borrowed" the health message.

Satan's Trojan Horse; God's End-time Victory. by Norman Gulley. Shows how Bible prophecy explains the history or the past 2,000 years.

Ladies' Craft Day

by Donna Bottgenbach

Ladies' Craft Day is October 20 at 1:30 p.m. in the Fellowship Hall. Women's Ministries is again sponsoring this event by Trina Hall. Just in time for the Thanksgiving Season.

Here are a couple of samples of the plaques that we will be making.



More information will follow with flyers and a display. The price this year will be \$20 for two plaques. There will be a Sign-up Sheet with a deadline. Perfect activity to invite a friend. Any questions? Call Sandi Whitney at 530-321-3968

Veterans Ministry

by Michael Schmoll

ATTENTION VETERANS

Veterans Day is 11 November 2024. I would like to honor all Veterans at our 9 November 2024 Sabbath. If you have not already provided your information, please do so by filling in the following questionnaire and sending it to my email address jsms@olypen.com or calling me at 360-808-2921. You may also drop it in my mail box at church box 72. I do not want to miss any of you, and I thank you all for your service to our country.

NAME _____
BRANCH OF SERVICE _____
RANK AT DISCHARGE _____
TIME OF SERVICE _____

Announcements

FRIDAY EVENING MUSIC AND POTLUCK: The McBrides will host a Friday evening fellowship featuring music and a soup potluck on October 18 at 6 pm. at their home, 611 Merrill Way, Pt. Angeles. Please RSVP to Beth at 360-461-2892 if you plan to attend. She would like an idea of the number attending and can give guests an idea of food items needed for the potluck.

CHRISTMAS CANDLELIGHT PROGRAM: The church will host its annual Christmas program on Sabbath afternoon, December 14 at 4 p.m. The music committee is looking for performers who would like to be a part of the program. Please contact Beth McBride, 360-461-2892, if you would like to participate.



EATING FOR LONGEVITY

Jeffrey Bland, Ph.D., a clinical biologist and “father of functional medicine,” says there is one thing you should rely on for longevity: Plants, and eating a wide variety of them. According to Dr. Bland, the more plants you can add to your diet, the better. “Plants contain what are known as phytochemicals and fiber that are not found in animal products. Recent nutritional studies have shown the important health benefits of both of these nutrient families that can be gotten only by eating plant foods. These phytochemicals in plant foods have been found to have a positive impact on the body’s immune system and health of the intestinal microbiome as well as protection of the brain against inflammation. In addition to phytochemicals, fiber has been noted as an important component in boosting longevity. What’s more, the research shows a significant, positive link between polyphenols, probiotic fibers, omega-3 fatty acids, and the composition of the intestinal microbiome that supports healthy immune function. These are all interconnected and play a significant role in our health.

What are the best plants to eat for longevity? There are literally hundreds of plants to choose from. It is important to include a wide variety and as many different types whenever possible. According to recent studies, it is important in the dietary intake of phytochemicals, to opt for plants in lesser-processed forms, and the more colorful, the better.

For longevity, Dr. Bland recommends a balanced diet primarily made up of plants. The longevity diet should also include foods like whole grains, beans, root vegetables, gluten-free cereals (e.g. buckwheat and oatmeal), whole fruit, fresh fish, and minimally processed oils like extra virgin olive oil, flaxseed oil and omega-3 oils.

Bon Appétit!!

October Birthdays

- | | |
|---------------------|-------------------|
| 1 James Whitney | 23 Chad Dobbs |
| 5 Allen Berry | 23 Nancy Ley |
| 6 Richard Garvey | 23 Larry Luke |
| 14 Zailey Allwine | 23 Jim McClure |
| 15 Tina Gauthun | 23 Linkyn Pulley |
| 16 Arlene Grant | 24 Dawn Rowe |
| 19 Maridee Gregory | 26 Bonnie Sanford |
| 23 Alain de Chantal | 29 Molly Dobbs |



Two Bad Tires and Three Twenty-Dollar Bills

by Stephen Orian

A week earlier my wife, Micki, had just brought our second son home from the hospital when she had to be rushed back with life-threatening complications. Now she was with her parents in Arkansas, where she would get some needed rest and a proud grandmother could look after her newborn grandson.

I was home alone in Arlington, Texas, on a Wednesday morning when the mail brought my monthly paycheck. At the kitchen table I prepared a bank deposit slip for the check, figured our usual tithe and offerings, and reviewed the bills that needed to be paid. These included some unplanned expenses for Micki's second hospitalization. Then I remembered the car had two tires that were going bald and would very soon need to be replaced. I was overwhelmed with worry. Where could I find the money to pay for all of this?

Then, of course, I thought of the tithe. If I held it out this month, it would buy two new tires and help cover some of that extra hospital expense. The Lord would understand our predicament. Then I thought, *No, I can't do this. This isn't mine. But the offering? Now that's a different matter.*

Sometime earlier we had begun returning a second tithe for offerings. It had become a commitment. After wrestling for a long time on that point, I finally decided that I could not renegotiate a commitment, however voluntary, that we had made with the Lord.

In the next few moments I wrote a check for our regular tithe and offerings and then wrote checks for the rest of our bills. With concerns for the future but with a peaceful heart, I placed my tithe and offering check in an envelope and put the envelope in my Bible.

The next Sabbath, after preaching at the Arlington Church for the early service, I headed for southwest Dallas, where I was to preach at the Duncanville church.

Suddenly I recognized the familiar but unwelcome feel of a flat tire. Wednesday's worry had all too soon become a reality. Beside the road I jacked up the car and exchanged the flat tire with the spare from the trunk.

When I lowered the car again, I found to my dismay that my spare was nearly flat, too. I decided it had just enough air in it to get me to the church. Very slowly I drove the remaining miles and arrived just minutes before it was time for me to begin preaching.

I made a brief apology to the congregation for my late arrival, explaining only that I had had a flat tire and a weak spare.

After the service a visiting couple asked me to visit them the next day. I met with them in their home on Sunday morning and had a very fine visit. I offered a special prayer for God's blessings on the family and got up to leave. The couple followed me out to my car, where they thanked me again for my coming to visit them. As I shook hands with the husband I felt him passing something into the palm of my hand.

Surprised, I found that he had given me a roll of money. I immediately insisted that I could not take this from them. I explained that I was fully compensated for my work, including visits like this one. They refused to take back the money but suggested that I could possibly use it for a new tire. Very much embarrassed, I thanked them and drove home.

No one, including this couple, knew the struggle I had gone through the previous Wednesday. All that anyone knew was that I had had a flat tire. As I straightened out the roll of bills, I counted out \$60 and realized it was just enough to buy two new tires.

Tears came into my eyes as I remembered my struggle just days earlier and how God had provided marvelously and quickly exactly the means necessary to meet our immediate needs. Never again could I consider withholding tithe or offerings from One who cared and provided so graciously.

“And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work.” 2 Corinthians 9:8, RSV.

[taken from *Over & Over Again! 150 Adventists Share Personal Faith Stories About Stewardship.* 1998. NAD.
Edited by Ronald Allan Knott]

Beginning of Year Picnic

By Elyssa Cunningham and Elsie McClure

Thursday, September 29 was the back school picnic to welcome the new school year. People brought food, students and their siblings to have fun together. All the families got to meet and get to know our new teacher, Mr. Bonifant. Even our past students came to the back to school picnic. Also, some of our students came back from last year. Teachers, students, previous students, siblings, lots of church members, and parents all the evening. Overall, it was a great picnic and lots of fun.



75th year

Welcome to 2024! Jasmin Cortez is the 75th student to graduate from our school. And with that we're celebrating the 75th year here at PAES! Jasmin Cortez has been at the school since the 1st grade all the way to graduation so we'll be celebrating her and the school and the people who made it possible. Also we want to thank everyone for coming this year to help set it up by moving rooms, painting, fixing things around the school.

Name: Jasmine Villereal
Grade: Pre K
Favorite Color: Pink
Favorite Food: Salad
Favorite Game: Minecraft
Favorite Animal: Cat

Name: Daniela Dam
Grade: 7th
Favorite Animal: Horse
Favorite Color: Blue
Favorite Food: Mexican Food
Favorite Game: The Last Of Us

Name: AJ Manis
Grade: Pre K
Favorite Color: Green
Favorite Food: Chips
Favorite Game: Bouncing
Favorite Animal: Elephant

What's Happening

By Silas Ellison

On the first week of school, we had a school picnic where the teachers and the students as you probably know from the school picnic article. Also we had our first field trip to the Bremerton Space Center where we learned more about the planets and the stars. Which everyone enjoyed playing tag and hanging out. Just for the fun of it so I'd say that school is going pretty good so far, at least that's my opinion.

October 2024 Church Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>ACS</i> 10am-12pm <i>Chorus Dinner/ Practice 6:00pm</i>	2 <i>MOMCo</i> 9:00am <i>Prayer Meeting</i> 6:30pm	3 <i>Backpack 8:00am</i> <i>Ladies Bible Study</i> 2:00pm <i>Adventurers and Pathfinders 6:30pm</i>	4	5 <i>Fellowship Meal</i> 12:30pm
6	7 <i>Elders Meeting</i> 6:30pm	8 <i>Chorus Practice</i> 6:30pm	9 <i>Prayer Meeting</i> 6:30pm	10 <i>Backpack Program</i> 8:00am <i>Pathfinders</i> 6:30pm	11	12 <i>Communion, Shape Note Singing, Game Night</i>
13	14 <i>School Board Meeting</i> 6:30pm	15 <i>ACS</i> 10am-12pm <i>Chorus Practice</i> 6:30pm	16 <i>MOMCo</i> 9:00am <i>Prayer Meeting</i> 6:30pm	17 <i>Backpack 8:00am</i> <i>Ladies Bible Study</i> 2:00pm <i>Pathfinders 6:30pm</i>	18 <i>Music and Potluck at McBrides</i> 6:00pm	19 <i>Children's Church Guest Speaker: David Woods Fellowship Meal Adventurers</i>
20 <i>Ladies Craft Day</i> 1:30pm	21 <i>Church Board Meeting</i> 6:30pm	22 <i>Chorus Practice</i> 6:30pm	23 <i>Prayer Meeting</i> 6:30pm	24 <i>Backpack Program</i> 8:00am <i>Pathfinders</i> 6:30pm	25 Upcoming Events	26 <i>Private Wedding Needham/Lopez (Invitation only)</i>
27	28 <i>Cooking Class</i> 4:30-7:30pm	29 <i>Chorus Practice</i> 6:30pm	30 <i>Prayer Meeting</i> 6:30pm	31 <i>Backpack Program</i> 8:00am <i>Pathfinders</i> 6:30pm	Nov. 1 Peninsula Men's Gospel Singers Banquet Fundraiser Nov. 2 Tom Sanford Memorial Service Streamed (Vancouver) Nov. 8 Pathfinder Induction Service Nov. 16 Fall Festival	

Fall Festival

by Rachel Powless

It's that time again! The leaves are changing color, it's getting darker earlier, and there is starting to be a chill in the air. Fall is here! We will need lots of help with the Fall Festival this year! Please let me know if you are willing to help with set up, clean up, donating needed items or helping with one of the booths at the festival. The Fall Festival will be Saturday, November 16, from 6:00pm to 8:00pm. Please email me at mrspowless84@yahoo.com, or call / text me at 360-477-7218 to let me know what you would like to help with. This is a really fun event for kids, families and our community! We truly appreciate all your help and support!



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