



DECEMBER NEWSLETTER

December 2024

Sequim Seventh-day Adventist Church Newsletter

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Welcome to the Church Family!

Josh and Mallory Bonifant with their two children, moved from Puyallup to Sequim in mid-July. Josh accepted the position of principal and upper grade teacher at Peninsula Adventist Elementary School. With classes starting in August, the Bonifant family had no permanent residence and their home in Puyallup hadn't yet sold. They moved in with Mallory's parents, Jeff and Miriam Rasco. Their prayer was for a miracle of affordable housing.



We serve a God of miracles! On the day their house in Puyallup closed for the new owners, their offer was accepted on a home in Sequim!

This is "homecoming" for Mallory as she lived most of her childhood here and attended the elementary school where her husband is now teaching.

Besides being a busy mom to Isla, 3, and Henry, 1, Mallory works remotely in the account systems of Providence Hospitals. Mallory and Josh enjoy riding bikes and Josh is also a dirt bike enthusiast. Welcome Bonifant Family!



*Oh come let us adore
Him, Christ the
Lord!*



Veteran Recognition

On November 9, Michael Schmoll, our Veterans Ministry leader, gave a tribute to the veterans who attend our church. We thank you for your service to our country!

Guest Meal

December 21st is a Guest Meal. Collette Pekar is leading out. If anyone wants to join her, please let her know and she will let you know what to bring. Her phone number is 207-449-0273. Next regular fellowship meal is January 4, 2025.

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Adventurers

by Kathy Mitchell

Hello Church!

The Otters have been up and swimming for the last two months and already covered a lot of learning and activities! We are excited for our new little group. We just had our Induction service, and added 4 new Otters. So far this year, God has given us 9! Each was given a Bible of their very own to help us in earning our Bible 1 badge. I hope these will become very special to them as we they learn about them. Keep them all in your prayers, they are so precious!

Our first meeting in October we started out learning about ways that God made us special. He has plans for each of us and when we stick close to Him, we will find out what they are.

We had lots of fun earning our Health Specialist

badge. Teacher Jay covered many ways how we can take care of our bodies from choosing the best foods to tooth brushing skills. Our bodies belong to God and we want to take the best care of them. We then ran on a course that covered all the steps of health. Starting out with 8 hours of sleep (8 seconds) to push ups, sit ups, and pull ups, to drinking a glass of water, choosing groceries to putting on sunscreen and wearing sunglasses! Our Otters are definitely Health Specialists now.

Then we had a week of learning about how families take care of each other. Each family member was made



into a link in the paper chain. When they joined all their chains together, we had one long chain, they all became the family of God! You my friend, are also a very important link in that chain! Now we have just begun to work on our Bible 1 badge. What an amazing book we have! We had so much fun with the first lesson, teacher Collette had all the Otters experience the excitement of creation. They each had their own little box to create as we were walked through the story. Light was added, air and water, grass and beaches, sunshine and stars, beaches with shells and rocks, fish and birds in our trees! Day 7 of course, was the most exciting, as many animals were added and the thrill of creating Adam and Eve out of clay, (just like Jesus did!) and lay them in our gardens. They were beautiful little worlds! Thank you Collette, that was a lot of work! Whew! Can't wait for our next lesson on that badge.

In January, we will be working on our "Tin can fun" badge. We have a couple projects that will need a couple cans, if you can save some, wash them, peel off labels, and drop them in the church office before January 18, we would be so grateful!

We are already looking forward to December. Thank you for your support and prayers for our little club.

2025 Directories

by Jay Richmond

Time to create the 2025 church directory. Be sure and stop by the church office to have your family picture taken by January 4, or send to the church office your 2024 photo, sequimadventist@sequimsdachurch.org. Beginning December 9, a listing of names with contact info will be posted on the wall by the church office. **Please look for your name** and mark your OK or make corrections. Phone numbers and emails change often, plus typos happen. Thanks for helping to make our directory as current as possible.



Pathfinders

by Twyla Luke

November has seen lots of activity in Pathfinders. A little all over the board due to circumstances but busy nonetheless. We started off the month with moving from Aviator to doing some of the requirements for Airplane Modeling. We will wrap that up at a later date. We moved right into practice for and holding the Induction Ceremony. I do love this candlelight service that dedicates our newest members into the club. It reminds them and us of what Pathfinders stand for and the purpose of the club. We were missing several members for the service for various reasons but the club has grown in size! We kept everyone from last year and picked up 5 new members this year for a total of 17 not including staff! We have a great leadership team although we will miss Katrina as she takes some time adjusting to being a new mom! We are excited for her and Jesse as they are enjoying the arrival of their first child! Looking towards December we will work on the Duct tape honor and get on track with our classwork. Starting behind this year it'll be a push to get the classwork completed in time for Investiture next May but I'm confident we can do it! Prayers appreciated as we move into this year. With growth there are always changes and we are not immune. Prayers as we work with personalities and conflicts as they arise enabling us to make the most of learning opportunities while showing God's love and grace, something we adults need just as much if not more than the kids!



Offering

by Donna Bottgenbach

Remember when our little ones picked up the offering for our church school? Because of time restraints, Bob Freitas made the church a little yellow school house that sits next to the Audio-Visual Booth at the back of the church. It's not as much fun to simply put money in a wooden school house as it was to be sure plenty of money was on hand to give the little ones as they came by with their little buckets. However, the needs at the school are still there. Many of you already give in various ways for sure, but just remember the "Little Yellow School House" in the back of the church is always open for extra donations.



Our Penny saving project has subsided some as well. Most of us are not using cash these days, so it seems that pennies are harder to come by; however, the little jar is still there for those pennies for 13th Sabbath Missions.



From Thanksgiving to Christmas

by Don Johnson

“Kon-Ban-Wa [good evening],” the well-dressed businessman called out as he approached our sadly dilapidated building. We recognized Tanaka-san, the father of one of our English school students. When we arrived at this long-abandoned laymen’s project on Mount Akagi the previous year, we had started English schools as a means of meeting and making friends, and helping pay living expenses.

Tanaka-san had often visited us in the evening after he closed his engineering company. He always seemed interested in progress on the two training homes we were building. We had arrived in Japan with only \$3,000 to begin the ambitious project of building a lay-training center on this abandoned property. Recognizing the urgency of getting homes for the three families and the students who had already arrived, we pooled all our personal resources, trusting that the Lord would take care of our needs. We had just enough to pour the foundations and basements.

As we sipped mugi-cha (toasted-barley tea) on that blustery fall evening, we discussed progress on the buildings, which now had nearly complete subfloors over the basements.

We sat with him in our general-purpose meeting room of the old building. It also served as a dining room, classroom, and chapel. Glancing around the room, Tanaka-san noted our innovative use of tatami mats covering the walls to help insulate against the cold wind swirling around the broken-down building. Plastic covered the windows where glass was broken out, and scraps of plywood covered holes where the floor had rotted away. We drew closer to the little oil heater as we visited.

Tanaka-san pointed to the blackboard, where our morning prayer and thanksgiving list was written in a corner. “*Why is the word ‘okani’ [money] written there?*” he asked. (For some reason, it was the only Japanese word on the list.) Not wanting to embarrass him, we tried to divert his interest, but a little later he asked again and insisted on a straight answer.

Reluctantly we explained that three 40-foot containers, containing all the building materials for three homes, sat on the dock at Yokohama, but we didn’t have the money to pay for the duty. When he urged us to tell him how much the duty was, we told him 1.3 million yen, or about US\$6,000.

Thanksgiving Day was cold, with snow flurries swirling and the threat of heavier snow. We worked hard to nail on the last of the floorboards over the basements in the two houses. These floors eventually would provide shelter for the building materials, which were still on the docks.

A big, black car drove up through the snow toward our building. Tanaka-san and his wife got out and called for us.

Not now! I thought. *We just don’t have time to visit. We have to get the floor on before this snow piles up too deep!*

But love for our friends prevailed, and we went down to see why they were visiting us in the middle of the day.

Without explaining why, they insisted that we come with them. Half an hour later we were seated in their bank while they took out a personal loan to give us a gift of 1.3 million yen.

We spent Christmas Day unloading the trucks from Yokohama.

“By my God shall supply all your need according to his riches in glory by Christ Jesus.” Philippians 4:19.

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

Birthday Party

Third Annual 1942 Birthday Party!

Games, food and fun had by all!

Mike Judd, Donna Bottgenbach, Bruce Winters, Sandra Garvey, Ed Nelson, Jeanine Kongorski, John Werner. Diana McGuire was with us in spirit.

December Birthdays

- 1 Donna Bottgenbach
- 2 Michael Schmoll
- 4 Linda Yip
- 6 Oliver McClure
- 9 Holly Gauthun
- 9 Sandra Whitney
- 10 Donna Lane
- 19 Jesse Blake
- 19 Dawn Hulstedt
- 22 Georgia Bullard
- 26 DeLise Dizbon
- 29 Rayan Van Auken
- 30 Samuel Fiedler
- 31 Bill Needham



by Donna Bottgenbach



Shape Note Singing

by Doug Woods

Please PRAY for the Shape Note Singing ministry. A significant number of those who are coming are not SDAs--not even evangelicals sometimes. And they LOVE it! It is turning out to be an excellent way to intersect with the community and build relationships for the Kingdom.

If you haven't yet checked it out, you really should--even if only to sit and listen. Next "class" is December 21 at 3 p.m., but usually is held on the 2nd Sabbath of the month at the Woods' home. Come see what you're missing!

What is Shape Note singing? It is essentially a participatory class in singing hymns in 4 parts in a hollow square where every part sings *towards* the middle. In the process, the shaped notes teach you how to read music more effectively.

Christmas Programs

PAE School will be hosting their annual Christmas program in the sanctuary of the Seventh-day Adventist Church in Sequim on Thursday, December 12 at 6:00pm. Please come out to support the school and see what the children have been working on!

The church will host its annual Christmas Candlelight Program on Sabbath afternoon, December 14 at 4:00pm. Please join us for a wonderful evening of music and to worship our Savior on His birth.



THE AMAZING BENEFITS OF QUITTING SUGAR

In recent years, sugar has been identified as the number 1 toxic substance consumed in our diets. There is no nutritional value in sugar despite the Big Food Industry's claims and their lobbyists influencing public health policy. 80+% of food in our super markets and grocery stores have sugar added to the ingredients and the processed food industry thrives on making their products more palatable and profitable. This is done in complete awareness of the obesity epidemic (adult and children) and a dramatic rise in Type II Diabetes and other metabolic disorders.

Sugar is a simple carbohydrate found naturally in many foods, including fruits, vegetables, dairy products and added to countless processed foods and beverages. Common forms of sugar include sucrose (table sugar), fructose (found in fruits), and lactose (found in dairy). While natural sugars in whole foods come with essential nutrients and fiber, added sugars provide empty calories without nutritional value and toxic effects on our health.

Here are ten impressive benefits of quitting sugar in your diets:

1. **Improved Energy Levels.** Eliminating sugar helps stabilize blood sugar levels, preventing the spikes and crashes associated with high sugar intake. Stable energy levels enhance productivity and reduced feelings of fatigue and sluggishness.
2. **Better Weight Management.** Quitting sugar reduces caloric intake and decreases insulin resistance, which contribute to weight gain.
3. **Enhanced Mental Clarity and Mood.** Stable blood sugar levels prevent mood swings and mental fog, which are often exacerbated by sugars highs and lows.
4. **Stronger Immune System.** High sugar intake can suppress the immune system, making it easier for infections and diseases to take hold.
5. **Better Digestive Health.** Quitting sugar can improve gut health by reducing the growth of harmful bacteria and yeast, which thrive on sugar. Improved digestive health can reduce symptom of bloating, gas, and GI discomfort
6. **Lower Risk of Certain Cancers.** Sugar consumption has been linked to inflammation and increased insulin levels, both of which can promote cancer cell growth. Reducing sugar intake can lower the risk of developing certain cancers and contribute to overall longevity and health.
7. **Reduced Risk of Heart Disease.** Lower sugar intake reduces triglycerides, blood pressure, and inflammation which are risk factors for heart disease.
8. **Healthier Skin.** Cutting out sugar reduces inflammation and decreases the production of advanced glycation and end-products (AGEs) that damage collagen and elastin. Healthier skin appears more youthful, with fewer wrinkles and acne, improving overall appearance.
9. **Decreased Risk of Type II Diabetes.** Quitting sugar improves insulin sensitivity and reduces the burden on the pancreas.
10. **Improved Dental Health.** Sugar is a major contributor to tooth decay and gum disease. Reducing sugar intake minimizes the risk of cavities and oral infections.

By eliminating (or even reducing) sugar from your diet, you can experience these benefits, leading to improved physical and mental health, better disease prevention, and enhanced overall quality of life.

Fall Festival

By Elyssa Cunningham and Daniela Dam

Last Saturday on November 16th, 2024, we had a Fall Festival. The Fall Festival is a fundraising event for the school that was held in the gym. The seventh and eighth graders worked at tables selling slime, cookies, and various other snacks. There were lots of vendors, games, and food. Parents and church members came as volunteers as well. Almost everyone at school came, as well as people who used to go to our school. One of the fun activities was laser tag. Unfortunately though there was no hay ride this year. After the festival was over a couple of the kids went outside and played on the swingsets for a while. The fall Festival lasted for about two hours, 6pm-8pm.



New Student Interview

by: Elsie McClure & Jasmin Cortez

Name: Samuel

Grade: 3rd

Favorite color: Blue

Favorite animal: Anaconda, Lion, Great white

Favorite thing to do: Playing Games

Favorite food: Pizza

Name: Sarah

Grade: 1st

Favorite color: Pink

Favorite animal: Elephant

Favorite thing to do: Play outside

Favorite food: Spaghetti



What's Happening

By Liam Shelly

We started the second quarter recently. It is going pretty well right now. We usually play kick the can for recess or sometimes just play on the swings. We just started floor hockey for PE. A lot of the other students like it, and it is really fun. They have also made playing card games their favorite thing to do during class, most free times are spent playing it. Then we do math. We also recently got new math books, which makes math a lot better. Next on November 16th we had the Fall Festival. Everyone had lots of fun, there were games and fundraisers. Our Thanksgiving break is coming up on the 21st of November. That is all that has happened so far.

December 2024 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Ladies Christmas Party</i> 2:00pm	2 <i>Elders Meeting</i> <i>Christmas Chorus</i> <i>Dress Rehearsal</i> 6:30pm	3 <i>ACS, 10am-12pm</i> <i>Christmas Chorus</i> <i>Dress Rehearsal</i> 6:30pm	4 <i>MOMCo</i> 9:00am <i>Prayer Meeting</i> 6:30pm	5 <i>Backpack Program</i> <i>Ladies Bible Study</i> 2:00pm <i>Pathfinders and Adventurers</i> 6:30pm	6 <i>Community Christmas Concert</i> 7:00pm	7 <i>NO Fellowship Meal, Community Christmas Concert</i> 2:00pm
8 <i>Community Christmas Concert</i> 2:00pm	9 <i>School Board Meeting</i> 6:30pm	10	11 <i>Prayer Meeting</i> 6:30pm	12 <i>Backpack Program</i> 8:00am <i>PAE School Christmas Program</i> 6:00pm	13	14 <i>Church Christmas Program</i> 4:00pm
15 <i>Adventurers</i> TBA	16 <i>Church Board Meeting</i> 6:30pm	17 <i>ACS</i> 10am-12pm	18 <i>MOMCo</i> 9:00am <i>Prayer Meeting</i> 6:30pm	19 <i>Backpack Program</i> <i>Ladies Bible Study</i> 2:00pm <i>Pathfinders</i> 6:30pm	20	21 <i>Children's Church Guest Meal</i> <i>Shape Note Singing</i> 3:00pm
22	23 <i>Bulletin Deadline</i>	24 <i>Church Use Heart of Jesus Church</i> 2:00-7:00pm	25 Church Office Closed	26	27	28
29	30	31	Upcoming Events Jan. 12 Fraud Prevention Class Jan. 27 Health Class			

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