

March 2025



March Newsletter

Sequim Seventh-day Adventist Church Newsletter

30 Sanford Lane sequimadventist@sequimsdachurch.org

360-683-7373 www.sequimwa.adventistchurch.org

Pastors Mark & Collette Retire

by Mike McBride



The Sequim Adventist Church held a special Goodbye Thank You presentation to Mark and Collette Pekar on February 1 as they retire from being our Pastors.

... In the past 10 years, we have observed a pastoral team that has managed to demonstrate exceptional strengths and abilities in their pastoral roles. They have shown love and appreciation for God's Word through preaching messages that touch our greatest spiritual needs and teaching principles and values of the Christian faith. They are committed to the work of sharing the saving Gospel of Jesus Christ on Earth and more specifically on the North Olympic Peninsula. They have modeled love and compassion for the members of their congregation through the most joyful and distressing moments and experiences including the impact of a global pandemic. They have, also, been resolute in their leadership style, providing direction for the church that is enriched in part by their forthrightness, genuineness, and commitment to moral and ethical convictions and standards. Creating ministries in Sequim that will continue—Fellowship Meal Teams, Prayer Pocket Teams, Children's Church~ just to name a few.

Every ending in life is a new beginning. That is true for our church, as well as Mark and Collette. We send them with our love, support and wish them God's blessing in their future endeavors. Collette will continue her current appointment in the Port Townsend

Seventh-day Adventist Church and Mark will embark on a new journey to find how God chooses to lead him in the next phase of his life.

We offer our most sincere Thank You for them sharing their lives and ministry in a profession often critiqued as much as appreciated.



Inside this issue:

| | |
|-----------------|---|
| Adventurers | 2 |
| Library Corner | 2 |
| Isn't God Good! | 3 |
| March Birthdays | 4 |
| Announcements | 4 |
| Health Notes | 5 |
| Church Calendar | 6 |

Adventurers

by Kathy Mitchell

Hello Church!

Things have seemed kind of slow since Christmas, but here we are almost finished with February! I need to catch you up to what the Otters have been up to.

Early in January was a good time to talk about Prayer, and Feelings. God created us to have feelings, some feel nice to have and some can feel pretty bad. We made cups with faces and talked about how our faces change to show what we're feeling, and read many scenarios and showed the face it would make us have. We read a fun story about Alexander, who had a "Terrible, Horrible, No Good, Very Bad Day." Just the way we feel can make a difference in how the whole day goes. It was nice to learn we can go to God in prayer, no matter how we are feeling, and he still loves us, and can help change the day. Then, because it was an unusually beautiful day for January, we all went out and played on the playground. It made us "FEEL" great!

Our second meeting in January, we earned our Tin Can Fun badge! Who knew? We learned why and how tin cans are made. Now, are mostly made of Steele. We learned the history of preserving food, Jesus would have used salt! We had a game where many cans had their labels removed and we had to guess what was in them. Some were easy, some not much. I think it's a good thing they label cans when they put things in them. We watched how cans were made in factories, very cool and fast to watch. They can make 1,000 a minute! Did you know the lines on a can are called beads? Now you do! They make the can much stronger than if they were flat. Just ask the otters. We had fun making empty cans with string into telephones, it really works! Of course we played the Telephone Game. We also learned about recycling, and each donated 3 cans of food to ACS.

Hope you are enjoying your winter, it will be gone before you know it.



Library Corner

by Mary Thayne



This month we have added two of the new daily devotional books to our collection ready to be signed out. First come, first serve.

Do Not Be Afraid. by Nathan Brown. A Daily Devotional. Fear is the chronic currency of modern life. A comforting voice comes from the pages of scripture: "Do not be afraid."

Beautiful in God's Eyes. compiled by Penny Estes Wheeler. Devotional thoughts for women by women.

Isn't God Good!**submitted by Doug Woods****The Money in the Top Dresser Drawer**

by Richard Barron

One day, as was usual during my senior year in college, I went home after my morning classes to enjoy lunch with my wife and two children. As we ate I asked, *"What are we having for supper tonight?"*

She replied, *"This lunch we're eating is the last food we have in the house."*

"That's no problem," I told her. *"After my afternoon classes, I'll take you to the market."*

She paused a bit and then said, *"It's not a problem of having no food; it's having no money."*

"No," I assured her, *"that's not a problem. We'll simply use the money in the top dresser drawer."*

She looked at me as if I had lost my mind. *"That's tithe. That's the Lord's money!"* she exclaimed.

Well, of course I knew that. But I saw no problem using it now. My children needed to eat. I had Scripture on my side, and I quoted: *"If any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel"* (1 Timothy 5:8).

So in between bites, I told my wife matter-of-factly that I was not an infidel and that we would use the tithe money to purchase food for the family.

"Infidel or not, we will not spend the Lord's money!" she declared.

We had, as they say, a few words. I vigorously defended my position. She, with equal vigor, insisted that even though, as the mother of these children, she was more concerned about their welfare than anyone, she nevertheless was determined that we would be obedient to God in this matter. *"God's tithe comes first, before any other considerations!"* she maintained.

So, seated at the table eating my very basic lunch, I finally agreed with my wife that we would never use His tithes for our personal needs. That afternoon I decided to put my trust in the Lord and to let Him care for us. Then I bowed my head and apologized to Him for having entertained the thought of using that which was holy unto Him.

As we resumed our meager meal someone knocked on our door. I opened it to find a fellow student, a close friend of ours. *"Hello,"* he said, *"I stopped by on my way to the market. I have to shop for my family. Why don't you come along?"*

"Thank you very much for being so thoughtful, but much as I need to go, this is a bad time. We're, uh, a little short on money."

I'll never forget his next words.

"That's why I've come by! I have some extra money, and you are welcome to use what you need to buy groceries!"

Praise the Lord!

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

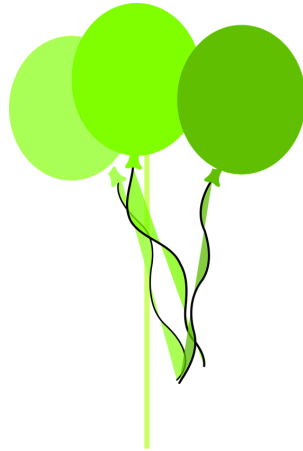


"Bring ye all the tithes into the storehouse, ... and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing."
Malachi 3:10

March Birthdays

1 Erika McClure
2 Doug Woods
4 Marion Wagner
4 Debbie Zervos
5 Jadie Henton
5 Olivia Peder
5 Elizabeth Smith
6 Henry Bonifant
6 Heather Reseck
7 Elsie McClure
7 Haley Rasco
10 Paula Fagg
14 Andrea Howe
19 Wayne Wentland
21 Bob Bagwell
23 Cameron Needham
26 Karen Iverson
27 Miriam Rasco
28 Greg Reseck
28 Joanie Schmoll
28 Darlene Thomas
31 Chris Needham
31 Harvey Hochstetter

Happy BIRTHDAY



Good Stuff Sale

Dates March 26 9:30-4pm

March 27 9:30 -2:00 pm

Please help setup on Tuesday, March 25 beginning at 9:00 am

If you have things to donate, please call Phyllis first, 360-477-1082.

Phyllis will need a team to cleanup as well.

Let her know you can help!



You're Invited, and bring families with you, to come check out the school. This will be an hour of fun with pizza and activities starting at 5:30 pm. Karen will be there to pre-register students for the 2025-2026 school year.

Come browse the display at the Open House of articles from years gone by, the alumni list, and photos for the 75 year celebration.

School Work Bee will be Sunday, March 2 starting at 9:00 am
Bring tools, yard tools, cleaning supplies and lets get the school ready for Open House.

Peninsula Adventist Elementary School

OPEN ★ House ★



March 6 @ 5:30-6:30 pm

255 Medsker Road, Sequim

Join us for a fun evening . . .

Pizza & Activities

Classroom Tours and Interactive Games

Pre-Registration Table for 2025-2026



of Christian Education in Sequim

360-683-6170 paesinfosequim@gmail.com

GETTING RID OF VISCERAL FAT

If you've never heard of visceral fat before, it is time to learn. Visceral fat burrows deep into your abdomen, where it surrounds organs like the liver and intestines. That doesn't simply make your belly rounder. Visceral fat also cranks out inflammatory proteins that increase the risk of chronic illnesses like heart disease, diabetes, non-alcoholic fatty liver disease and some cancers.

Lifestyle habits, however, can have a big impact on the amount of visceral fat you carry. If you'd like to trim belly fat and improve your health in the process, the number one strategy is moving more. Research reveals that increasing physical activity is likely the best way to stop the progression of diseases triggered by excess body fat.

Most of us are not nearly active enough and spend too much time sitting and being generally inactive. While physical guidelines recommend engaging in at least 150 minutes of moderate activity per week, less than half of us actually meet this recommendation of the American Heart Association. But, by increasing physical activity and movement, we can build lean body mass, which helps to increase overall resting metabolism, promoting more favorable body composition. Movement also enhances fat metabolism and regulates insulin levels, helping the body to burn fat more effectively.

Unlike subcutaneous fat, which is the type of fat that lies right below your skin, visceral fat is buried deep within your abdomen. So, burning it requires targeted movement strategies.

Besides movement, there are other tips to consider in reducing visceral fat: Practice healthy sleep hygiene, manage your stress more effectively, enlist fiber to balance blood sugars, and consume healthy fats like omega-3 fatty acids, olive oil and avocado oil.

March 2025 Church Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------------|--------------------------------------|--|--|--|-----|--|
| | | | | | | 1 Speaker: Merwin Stewart Fellowship Meal 12:30pm |
| 2 PAES Work Bee 9:00am-12:00pm | 3 Elders Meeting 6:30pm | 4 ACS 10:00am-12:00pm | 5 MOMCo 9:00am Prayer Meeting 6:30pm | 6 Backpack Program PAES Open House Adventurers & Pathfinders | 7 | 8 Speaker: Ryan Maw Shape Note Singing 3:00pm |
| 9 | 10 School Board Meeting 6:30pm | 11 | 12 Prayer Meeting 6:30pm | 13 Backpack Program Ladies Bible Study 2:00pm Pathfinders 6:30pm | 14 | 15 Children's Church Speaker: Doug Woods Fellowship Meal Adventurers |
| 16 | 17 Church Board Meeting 6:30pm | 18 ACS 10:00am-12:00pm | 19 MOMCo 9:00am Prayer Meeting 6:30pm | 20 Backpack Program 8:00am Pathfinders 6:30pm | 21 | 22 |
| 23 | 24 PAES Spring Break | 25 Setup for Good Stuff Sale 9:00am | 26 Good Stuff Sale 9:30am-4:00pm | 27 Good Stuff Sale 9:30am-2:00pm Ladies Bible Study | 28 | 29 Speaker: Mike McBride |
| 30 | 31 Health Class | | | | | |

Sequim Adventist Church
 30 Sanford Lane
 Sequim, WA 98382