

February Newsletter

FEBRUARY 2025

Sequim Seventh-day Adventist Church Newsletter

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Ordination

On December 28, the newly elected Deacons, Deaconesses, and Elders were ordained. Thank you to those serving in ministry at the Sequim Adventist Church over the next couple of years. May God use your time and talents for His honor and glory.



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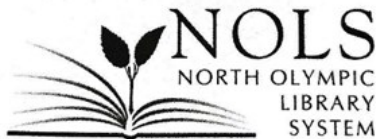
Prayer Team by Donna Bottgenbach

We have been told in God's Word to pray for one another. (James 5:16) New Members added to our Prayer Team. Herb McClure, Laura Shuck, and Staci Pulley. The other members are Linnea Balkan, Terri Durham, Donna Bottgenbach, Jeff Dawson, Diana McGuire, Andrea Howe, Dave Needham, and Phyllis Anderson. You can share your Prayer requests with any of us. However, Donna will be glad to pass your requests on. Those requests can come from phone calls, texts, emails, mail, in person, or by filling out the prayer card in the pews at church. There is a box in the foyer for such requests. Your prayers will be handled with confidentiality. Let us be diligent and "Pray without ceasing." (I Thessalonians 5:17)

Pastor Collette and Bert Woods have served our team since the very beginning. They will be missed.

Sequim Library by Jerry Elquist

In late October our Elders and Church board voted to donate \$1,000.00 toward the Sequim Library capital campaign. This donation was funded by the Turbyfill Trust. The elders and church board, “believe that this is a very beneficial project, one that our church can proudly support.”



In a letter of thanks to our church, Noah Glaude, Executive Director of NOLS – North Olympic Library System - states, “Your support toward crucial facility improvements will have a lasting impact on the library’s ability to provide essential services in a safe and modernized space.” In recognition of this support our church will be listed along with other donors on a plaque near the entrance of the new library. To see a list of donors go to NOLS.org/Donors. To learn about construction milestones for the library you can visit NOLS.org/Sequim.

“Give, and it will be given to you. A good measure, pressed down, shaken together, and running over, will be poured into your lap. For with the measure you use, it will be measured unto you.” Luke 6:38, NIV

Encouraging Words submitted by Lila Petroff

Way back in the Bible days, some people would get in debt to someone and become their slave. After so many years they could be redeemed, but not by anyone. It had to be a relative. God sent His son, Jesus, down to this world to be a human. He became our Brother, so He could redeem us and we could live eternally with Him. Praise the Lord!

Library Corner by Mary Thayne

Here are some different books for you to look at. They are on the Book Cart in the hallway. Sign your name on the check-out sheet if you take one to read.

Shepherding Women in Pain. Real Women, Real women, real issues, and what you need to know to truly help. General editor Bev Hislop. Do more than see the problem—learn how you can help.

Walking with Paul through the Book of Romans. by George R. Knight. Daily Devotional for Adults.

The Moose, the Goose, and the Kingdom of God. by Gary Swanson. Teen devotions.

Isn't God Good!

submitted by Doug Woods

How Much?

by Elizabeth Sterndale

I began my nursing career early in the 1950s. My father insisted that I buy a car so I wouldn't be standing on the street corner at 11:00 p.m. waiting for a bus. He further insisted that the car must be new because in his view, no woman should have "car trouble" anytime day or night. My father had never owned a new car.

My salary was \$200 a month for a 5 ½-day week. The car payments were \$100 a month. Tithe, room and board, clothes and other necessities of life left me with no excess. I was barely making it. When my mother persuaded me to drive her someplace, she bought the gas.

I had grown up attending church in a building that was a remodeled row house. Now our congregation had outgrown our building. The leadership called a business meeting to decide what to do. Many people came; but many, too, stayed home. Who would give to a building fund? And how much? The building committee's presentation impressed me. Their report showed considerable faith that we could meet a big challenge. I decided to make a monthly pledge. But how much?

It was the end of November and I remembered that the other nurses at work had told me that we'd probably get the usual annual raise of \$5 at the end of the month.

With this in mind, I wondered how much I should give to the building fund. I was already short on my monthly budget. On the budget form I wrote \$5. Then I crossed it out. The church had a real need. I wrote \$20 and turned it in to the treasurer. I had pledged \$20 a month for two years.

The next day was payday—the day we would get our annual raise. As I busied myself in the clinic preparing for the patients who would soon begin to arrive, I was followed down the hall by the hospital administrator. She was a nurse whose uniform was starched so stiff I didn't need to turn to see who was behind me. Quietly she invited me into a private cubicle and spoke very seriously.

"We have appreciated the work you have done this year," she said. "I know that when you go on coffee break today, everyone will be discussing their pay raise. I am asking you not to open your check. That way you will not have to tell how much of a raise you received. We wanted to reward you for your faithfulness." Then she was gone.

Coffee break came and by the administrator's order we had to have the break. It was law. Her law. We all picked up our checks from the office, but I headed for my locker without opening my check. It seemed to burn in my hand, but I didn't open it.

True to form, when I rejoined the others on break, the topic was all about the raise.

"How much did you get, Liz?"

"I don't actually know. I just put the check in my locker."

"Well, don't bother to look. We got the same old \$5 raise that comes every year. Pity they can't give us more just once."

After work, with my check still unopened, I drove my rider to the bus. That helped with my gas money too. She complained all the way about the usual \$5 annual raise.

That Sabbath at church a member of the building committee complimented me on my \$20 per month pledge. She was from a family of means. She said my pledge was a generous donation from someone just starting out. She called it a sacrifice.

"Well, to be honest, I really didn't give anything," I said. "You see, between the meeting on Wednesday night and today, I've been given a \$20 per month raise."

God knew on Wednesday night how much of a raise I would get. He knew that \$20 was what I needed to give. Tears came to my eyes when I realized I almost had pledged only \$5.

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

February Birthdays

- | | |
|--------------------|------------------------|
| 3 Pauline Daniel | 10 Jennifer Zbaraschuk |
| 3 Nancy Masila | 13 Dave Iverson |
| 4 Collette Pekar | 15 Sky Heatherton |
| 6 Jay Richmond | 18 Barbara Miller |
| 7 Janean Kongorski | 19 Anne Judd |
| 7 Gracie Niemeyer | 22 Shirley Adolphsen |
| 8 Michael Luke | 23 Heidi Boicourt |
| 9 Davina Daracunas | 25 Cathie Kruse |
| 9 Doug Stober | 26 Herb McClure |
| | 26 Sammy Niemeyer |



February 2025 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Upcoming Events March 2 PAES Workbee March 6 PAES Open House March 26-27 Good Stuff Sale						¹ <i>Speaker: The Pekars</i> <i>Fellowship Meal</i> 12:30pm
²	³ <i>Elders Meeting</i> 6:30pm	⁴ <i>ACS</i> 10am-12pm	⁵ <i>MOMCo</i> 9:00am <i>Prayer Meeting</i> 6:30pm	⁶ <i>Backpack Program</i> 8:00am <i>Adventurers and Pathfinders</i> 6:30pm	⁷	⁸ <i>Speaker: Doug Woods</i> <i>Memorial Service for Duane Triplett, Shape Note Singing</i> 3:00pm
⁹ <i>Super Bowl Party</i> 3:00pm <i>ABC Bookmobile</i> 3:30-4:30pm	¹⁰ <i>School Board Meeting</i> 6:30pm	¹¹	¹² <i>Prayer Meeting</i> 6:30pm	¹³ <i>Backpack Program</i> <i>Ladies Bible Study</i> 2:00pm <i>Pathfinders</i> 6:30pm	¹⁴	¹⁵ <i>Speaker: Daryl T., Children's Church, Memorial Service for Bert Woods</i>
¹⁶	¹⁷ <i>Church Board Meeting</i> 6:30pm	¹⁸ <i>ACS</i> 10am-12pm	¹⁹ <i>MOMCo</i> 9:00am <i>Prayer Meeting</i> 6:30pm	²⁰ <i>Backpack Program</i> 8:00am <i>Pathfinders</i> 6:30pm	²¹	²² <i>Speaker: George Gainer</i> <i>Adventurers</i> 1:30pm
²³	²⁴ <i>Health Class</i>	²⁵	²⁶ <i>Prayer Meeting</i> 6:30pm	²⁷ <i>Backpack Program</i> <i>Ladies Bible Study</i> 2:00pm <i>Pathfinders</i> 6:30pm	²⁸	

Background Checks submitted by Mark Caughey

The essential message of this article is: **Please keep your background screening and training credentials up to date.** I'll explain why these obligations matter.

Young people are an essential part of the Seventh-day Adventist Church's worldwide ministry. This is no less true at Sequim SDA Church. The safety and well-being of our children and youth should be one of the highest priorities for the volunteers who work with them directly, and for all other church leaders and officers voted into office or appointed by the community.

North American Division policy requires a criminal background investigation and training in Child Protection and Sexual Harassment Prevention for all volunteer ministry participants over 18 years of age. A qualified contractor called Sterling Volunteers (SV) provides the background screening and required training on-line at <https://www.ncsrisk.org/adventist/>. The objective here is simple: *keep people whose past conduct shows risk of harm or abuse away from our kids!*

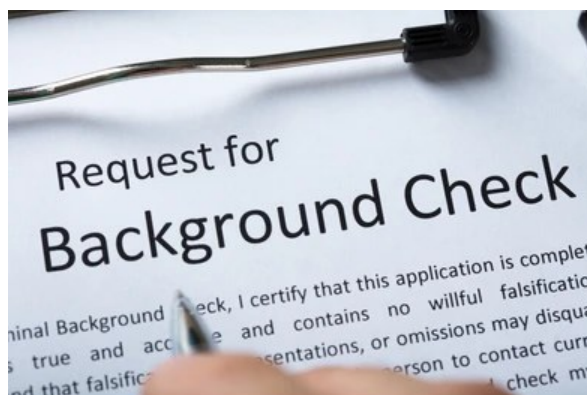
Sexual harassment prevention training is needed to ensure that our community provides a safe and respectful environment for workers, visitors and congregants by raising awareness about what constitutes sexual harassment and promoting a culture of accountability.

So, where does our congregation stand in regard to compliance with these requirements? Unfortunately, our record is not all that it should be. We have about eighty active volunteers on our roster, and we all give thanks for their service. However, about one-in-four of our number has an expired background check or needs a training module update. There are also a few otherwise faithful servants who have never registered with the SV system.

You might ask: "Is it really all that important to do these tasks; isn't it all just paperwork?" The answer is "Yes, these duties are very important, and they're not just an exercise in papering the files." If Sequim SDA was named in a legal complaint alleging misconduct toward a child or vulnerable adult, we may have a difficult time demonstrating to a court that we take our protective responsibilities seriously, given our current record of compliance. My friends, we must do better than we have done to this point. As Paul writes in his letter to the Galatians: *Let us not get tired of doing what is right, for after a while we will reap a harvest of blessings.*

If you're a church volunteer and have received a notice regarding overdue updates, or first-time enrollment in the SV system, please find the time very soon to complete these tasks. Regard them as part of your volunteer service obligation. If you need access to a computer, schedule a convenient time with Jay to use the church office workstation. If you have questions about the screening and training requirements, or trouble using the SV software, call me (360) 582-6844.

Mark Caughey
Background Screening Administrator



PAES Newsletter

submitted by Josh Bonifant



This month we enjoyed Christmas break and came back to finish out second quarter. Students are working on their second round of MAP testing to see how they are progressing academically.

The 3-8 class is resuming the food bank ministry with Lynn Berg. She will be taking groups of 3-4 students on a weekly rotation to serve their community. The Sequim Gazette will be featuring our community involvement in the near future.

The K-2 classroom has been learning about the countries around the world. They have been learning about the languages they speak and learning a few songs in different languages. They have also been learning about different foods and even making a few treats to try!

The school is busy as always and we can use any willing helping hands. If you have any interest in volunteering anywhere from helping in the classroom to campus maintenance, please reach out to Josh directly, jbonifant@peninsulaadventistelementary.org.



When?

SUNDAY, FEBRUARY 9, 2025

Where?

Bottgenbach's (47 Lilac)

Time? 3:00 Kickoff? 3:30

What to Bring?

CALL DONNA 360-461-2548

Announcements

Start thinking of who you can invite to PAES Open House Thursday, March 6. Watch for flyers!



SAVE the DATE

March 26-27 Good Stuff Sale. If you have items you would like to donate, please be sure and let Phyllis know, 360-477-1082. Phyllis will need LOTS of help for setup, during the sale, and to clean up. Mark your calendars and let Phyllis know you are available.

Health Notes

by Dr. Mike McBride

The Link Between Cancer and Processed Foods

In recent years, science has linked ultra-processed foods to heart disease, inflammation, diabetes and cancer. However, in a recent study out of the University of Florida and Tampa General Hospital (TGH) Cancer Institute there has been established a significant link between chronic inflammation and the cancer connection in the study of colon cancer tumors.

It is well known that patients with unhealthy diets have increased inflammation in their bodies. According to the National Cancer Institute, chronic inflammation is one of biggest risk factors for cancer. Dr. Timothy Yeatman, the principal researcher at TGH, has stated: "We now see this inflammation in the colon tumors themselves, and cancer is like a chronic wound that won't heal." According to Yeatman, if your body is living daily off of ultra processed foods, its ability to heal decreases due to the inflammation and suppression of the immune system and ultimately allows the cancer to grow.

It has been established that the inflammatory nature of ultra-end foods themselves, resulting from the high intake of sugars, salt, saturated fats and trans fatty acids, are staples of a Western diet. Those foods are low in fiber and high in certain omega-6 fatty acids, which have been strongly linked to chronic inflammation and colorectal cancer development and progression. A diet filled with ultra-processed foods is a key factor not just in cancer risk, but growth of cancer cells after diagnosis.

The USF Health Heart Institute also found in previous studies how an ultra-processed-heavy diet not only increases risk and growth of colorectal cancer, but a role in other diseases, including Alzheimer's, diabetes and cardiovascular conditions.

Here are some healthy foods to include, as part of an unprocessed diet: Salmon, Cod, Spinach, Brussels sprouts, Seaweed, Legumes like lentils and chickpeas, Unprocessed soy, like tofu and edamame.

Ultra-processed foods to stay away from: Ice Cream, Sausages, Chips, Deli meats, Mass produced bread, Breakfast cereals, commercial salad dressings that are loaded with Omega-6 fatty acids, and alcoholic drinks.

Feel free to add, beans and other legumes, a variety of fresh fruits and other vegetables, Avocados, Olive Oil, and some Whole grains.



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