

NOVEMBER 2024

# November Newsletter

Sequim Seventh-day Adventist Church Newsletter

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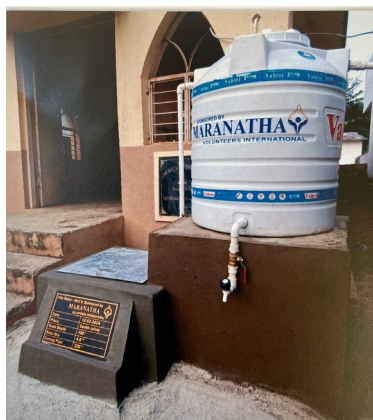


## Maranatha Well Project by Sandra Whitney

**Water!** What a blessing we enjoy here on the Olympic Peninsula! There is abundant water for everyone. Water is available when we turn on our faucets. We have clean water to wash dishes. We turn on a spicket to irrigate our gardens. We can use hot and cold clean water to take daily showers and we use water flushing our toilets.

There is little or no water in many countries of the world for most of the year. In other parts of the world there is water but it is full of disease carrying organisms. Survival depends on water. Securing water in these countries mostly falls to the women and young girls. The water is often hauled from merger sources miles away from where people live. This job takes 1-5 hours daily to provide enough water for one family. The young girls miss out on school, helping to provide enough water for their families.

Each of us have an opportunity to help provide the gift of water. Our gifts to Maranatha through our Church this Christmas will help provide a well to a village in Africa. Maranatha is ready and willing to drill wells if we provide the funds. Maranatha drills the wells near a church or school they have built. The villagers come for water daily and learn



of the Living Water provided by the Life Giver. The opportunity is then given for them to choose to drink of that Living Water.

Enclose your gift in a Tithe and Offering envelope and mark it "Wells for Maranatha." Our collective giving will be forwarded directly to Maranatha Volunteers International after Christmas. If you have any questions, contact Sandra Whitney (530-321-3968), Women's Ministry Leader.

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# Welcome Debbie Collins



Debbie joined our beautiful place called Sequim on July 22, 2024. She does the accounting for an electrical company; working remotely made it possible for her to relocate from Temecula, CA, to the Northwest. The moderate climate and the beauty of the peninsula were the deciding factor for her move.

Debbie came to Sequim with two dogs, two cats, five chickens and one duck named Tootles. Besides her animals, she enjoys gardening and arts and crafts. Debbie's prayer requests are for her three children.

We are blessed that Debbie chose us to be her new church family.

## November Birthdays

1 Walter Grant  
 1 Walter Thayne  
 1 Destiny Woods  
 2 John Gatchet  
 2 Phyllis Anderson  
 3 Pete Dizbon  
 4 Larry Arnott  
 6 Rodger Petroff  
 6 Moraya Pulley  
 8 Shirley Barcellos  
 9 Diane Dawson  
 9 Joseph Griswold  
 9 Diana McGuire  
 15 Karlette Winters  
 16 Gerald Powless  
 25 Claire Luke  
 26 David Durham  
 28 Linda Byers  
 28 Richard Zbaraschuk  
 30 Pam Hooper

## Library Corner by Mary Thayne

Have you read these books? Now they are on the book cart in the hallway. Insecure; My Story. by Natalie Boonstra Lilly. "What Jesus did in my life, He wants to do in yours too.

Pilgrim's Problems. Turn your troubles into triumphs. by Karl Haffner. Christian, the famed character in John Bunyan's classic allegory encountered one problem after another. So do we.

Malchus; Touched by Jesus. by Noni Beth Gibbs. Malchus was the servant of the High Priest whose ear Peter cut off.

Desert Redemption. by Scott Harrison Sutton. An account of spiritual coming-of-age in a Muslim country. Learn what Islam and Christianity share in common.

The Third Coming. A story by Celeste Perrino-Walker. The second coming is just the beginning. Thought-provoking drama with a twist.

The Sky-High Mystery. by Maylan Schurch. A young people's book.

When Death Isn't Fair; Coping With Overwhelming Grief. By Joy Swift. The author explains how to understand the stages of grief, and the significance of individual differences in the process.

Closing Prayers; Facing the Final Crisis on Our Knees. by Randy Maxwell. How should believers pray in the last hours of earth's history?

## Church Kitchen

It has been several years since we last organized the kitchen in the fellowship hall. We are slowly attacking this task again. There are several things that need to be addressed concerning the use and donation to the kitchen.

1. The goal is to keep the Kitchen counters clutter free. Please do not leave food or other items on the counters.
2. When towels, etc. are used, washed, and returned, please put them where they belong.
3. Organizing all of our supplies will be the next project in order for them to be accessible when needed.
4. The refrigerator and freezer are not for storage. If you are going to use them for an upcoming event, clearly mark items. After event, please remove unused items from the refrigerator or freezer.

## Pastor Appreciation

On October 5, the Sequim Church showed their appreciation for Pastors Mark and Collette Pekar with cards,



money, and a gift basket. We appreciate the work and leadership they have given throughout their time with us.

## by Donna Bottgenbach

5. The freezer is full again of left-over items. Please take care of what belongs to you or your event as soon as possible.
6. Because our kitchen storage space is limited (and pretty full at the present time), please discuss any donations to the kitchen with the Head Deaconess beforehand.
7. Any items belonging to other Ministries must be clearly marked that are left in the kitchen or storage areas. The goal is to find a special place for those items soon.

Any questions, please call Donna Bottgenbach, Head Deaconess  
@ 360-461-2548.

## Fall Craft

## by Donna Bottgenbach

Women's Ministry sponsored an opportunity to spend time together fellowshiping and creating fall decorations. Our special thanks to Trina Hall for organizing and leading out.





# Pathfinders

by Twyla Luke

A new Pathfinder year is in full swing! We didn't lose any kids and gained a couple so we are sitting at 17 right now! The staff had a meeting in August and planned out the year and we have some fun things on the calendar! We started off with Shari and Brani leading out in the Aviator Honor! They are passionate about aviation and have enjoyed sharing with the kids. We've had fun learning about plane parts, how and what makes them fly and even a trip out to the Sequim Valley Airport to view in person airplanes and have Brani show us around



and try things out!

Mark helped out one night with demonstrations on lift, aviation terminology and examples of different aircraft and their functions! Unofficially we had a flight day that parents could choose to bring their kids to the airport for a chance to ride in a small plane. Jon Heisler flew over from Auburn and between he and Brani everyone that showed up had at least one ride! Some kids were nervous but it helped them to know that Jon worked as a pilot for United Airlines and did this for his regular job. He also shared his experience being a Seventh-day Adventist and how he prays over his schedule and how God has always worked it out that he has never had to

work on Sabbath. It's been a great time and we've had a blast with this unique honor! Next up we decided to move right into Model Airplanes as it ties in perfectly! This wasn't part of the original schedule but if you learn nothing else from Pathfindering, adaptability has been a great skill to master!



November will see us having our special candlelight Induction service for our new members so we hope to see you Friday November 8th at 7pm in the Sanctuary!

Pray for us heading into the year and all that we have planned!

# Health Notes

by Dr. Mike McBride

## REFLECTIONS ON SLEEP MYTHS AND INSOMNIA

We have all experienced nights when it seems impossible to fall asleep. However, for some it becomes more of an established pattern and may ultimately become the most common sleep disorder—Insomnia. I would like to help you rekindle your relationship with sleep (as with a friend instead of an engineering problem). Let's look at some of the biggest myths about sleep or insomnia that need more understanding and awareness.

One of our biggest myths is the belief that everybody needs to have 8 hours per night, every night. Does this apply to a professional athlete and couch potato; for pregnant women and nursing home residents? How much sleep we need differs between people, depending on our individual genes, lifestyles and environments. How much sleep we need also changes over time as we get older and take on different challenges. Holding a rigid 8 hours per night expectation is not only unrealistic but unhelpful because when sleep doesn't meet this expectation, we become frustrated or anxious, which makes it harder to get good sleep.

One of my favorite myths about sleep is the idea that we can or should “sleep through the night” without waking up. A healthy sleeper actually wakes up about a dozen times per night or more! Usually these awakenings are brief enough that we don't even realize they've happened, but it's also very normal to remember a couple of longer awakenings (e.g., getting up to use the bathroom). In fact, people in preindustrial Europe used to get up and do chores or socialize for a couple of hours in the middle of the night, splitting their night into “first sleep” and “second sleep.” Waking up during the night isn't bad for your sleep quality—it's like taking a break during a meal. It only becomes a problem when it happens very frequently (many times per hour) due to sleep disorders like obstructive sleep apnea, or when you're so anxious about waking up that you end up staying awake for a long time ruminating about the experience.

Another common myth is that sleep hygiene is the answer to insomnia. Sleep hygiene practices can be good habits for preventing sleep problems, but it's just like dental hygiene—it's too little too late once there's already a cavity (or persistent insomnia). Focusing too much on sleep hygiene can backfire for those with insomnia, because doubling down on having “perfect” sleep hygiene increases anxiety about sleep, which makes insomnia worse. It's more helpful to have a flexible attitude about sleep hygiene, so that even as you're giving your sleep a good chance of success, you're also living your life.

## Sequim Community Christmas Chorus

Come One, Come All! Sequim Community Christmas Chorus has been busy practicing at the church getting ready for their annual concert. The concerts will be held at the Sequim Adventist Church Friday, December 6 at 7:00 pm; Saturday, Dec. 7 at 2:00 pm; and Sunday Dec. 8 at 2:00 pm. Tickets will be available beginning November 15 at the Chamber of Commerce and Hi-Way 101 Diner and can be purchased with your donation.



# PAES Newsletter submitted by Josh Bonifant

## Moving up By: Silas Ellison [7th]

This is a new year and since it's a new year we had kids from the 2nd grade move into our classroom, the following people: Brinnon Ellingson, Grace Owens, Harmoni Gallegher. So when the littles joined us, they were not littles anymore. They're taking another step up the ladder of getting older. And also with that we have spotlights about all of them, like how they've been doing or things they've done to stand out above the rest. First spotlight is Brinnon because he's probably the most creative in the school. Every day he has a new creation in his desk or in his backpack so he's basically our paper engineer. Next we have Grace Owens, our rule enforcer and the person who keeps everyone in check, also is the class helper, she helps with anything you need she also will give anything that you would need tape, paper, staples and more she's a great new addition to our class. And finally Harmoni Gallegher her favorite thing is also her spotlight. She's a scavenger. She'll find things and use them in ways that you would never even think of from things she'll find outside or inside. It doesn't really matter to her, it's her take on creativity.

## Pumpkin patch field trip By: Elsie McClure (5th), and Max McMurray (6th)

On October 9th, 2024, we went to the pumpkin patch for a field trip. There were pumpkins, pigs, and there was also a shop. The pigs were very friendly and cute. There was a beautiful peacock, and we also saw some wild bunnies. There were also goats. The goats were also very friendly. Some of the students enjoyed the swingsets and the tricycles. We had a great time.

## Kick the Can By: Elyssa Cunningham and Liam Shelly

Kick the can is everyone's favorite game to play! Jeremiah likes to be the tagger a lot. He's actually gotten quite good! And here are some of the basic rules. You have to kick the can before the game starts, and then anyone that gets out when the person who is "it" tries and catches everybody, finds you and again. It's like hide and seek but you can free people to go back into the game. At the beginning of the game we pick who's "it" by choosing numbers. Whoever is the closest is safe, whoever is the farthest is "it." Thank you for reading about our favorite recess game!

## Updates this school year

School has been going well lately. We just got our new math textbooks, and they have been working well. This week we had Mrs. Kathy as our substitute teacher. We have been doing our drills recently. We did our fire drill, and this week we're doing our earthquake drill.

# Isn't God Good! submitted by Doug Woods

## The Value of a Good Name by Norman K. Miles

My mother always taught us that doing good benefited the giver, the receiver, and often the children of the giver. Her philosophy was simple. The children inherit many of the blessings of good deeds done by the parents, just as children often suffer because of the evil deeds done by parents. She taught us that having a good name is important for the entire family.

As I grew older I saw that principle pay off for me, as people who thought highly of my parents were very kind to me. However, I was not aware of how my deeds affected my children until a few years ago.

My eldest son was a junior at Oakwood College. Like many other preacher's kids, he was not always comfortable with people knowing who his parents were. In his case it was very difficult for him to hide his ancestry, since he is a "Junior." Often he said that he would never name a son "Norman," but I chided him and said that he should not be ashamed of such a good name.

He worked for the college transportation department and often would be assigned to drive college guests to and from the airport. One night he called us and related an exciting experience of the day. A female executive of a large corporation had been on campus for a career-day program. My son was charged with taking her to the airport to catch her flight back home.

They struck up a conversation en route, and after discovering where he was from and his major, she asked his name. When he told her he was Norman Miles, her face lit up.

*"Is your father a pastor with the same name?"*

*"Yes," he replied.*

She then recounted a story of a 9-year-old little girl from Harlem at Victory Lake summer camp in Hyde Park, New York, many years before. The little girl was afraid of water, and no one could get her to try learning to swim. She sat on the side of the pool and watched the others until the art instructor noticed and asked her if she would like him to teach her to swim. Reluctantly she agreed to try, and after several days of failure it seemed that she would never learn. Finally, as a result of his coaching and support, she was able to swim the length of the pool by herself.

*"Your dad taught me how to swim years ago, and I have never forgotten that," she told my son. At the airport she gave him a crisp \$20 bill as a tip. "That's because your father was so kind to me when I was a little girl."*

After my son related the experience to me, I told him that he should split the money with me for giving him such a good name.

***"A good name is rather to be chosen than great riches." Proverbs 22:1.***

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




## Christmas Candlelight Program by Beth McBride

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.



# November 2024 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Upcoming Events</b>					<sup>1</sup> <i>Peninsula Men's Gospel Singers Banquet Fundraiser (Invitation)</i>	<sup>2</sup> <i>Fellowship Meal 12:30pm Tom Sanford Memorial (Vancouver) 3:00pm</i>
<b>Dec. 1 Ladies Christmas Party (potluck, cookie exchange)</b>						
<b>Dec. 6-8 Community Christmas Concert</b>			<b>Dec. 14 Church Christmas Program</b>			
<b>Dec. 12 PAE School Christmas Program</b>						
<sup>3</sup>	<sup>4</sup> <i>School Board Meeting 6:30pm</i>	<sup>5</sup> <i>ACS 10am-12pm Chorus Practice 6:30pm</i>	<sup>6</sup> <i>MOMCo 9:00am Prayer Meeting 6:30pm</i>	<sup>7</sup> <i>Backpack Program Ladies Bible Study 2:00pm Adventurers and Pathfinders 6:30pm</i>	<sup>8</sup> <i>Pathfinder Induction Service 7:00pm</i>	<sup>9</sup> <i>Shape Note Singing 3:00pm</i>
<sup>10</sup>	<sup>11</sup> <i>Elders Meeting 6:30pm Church Office Closed</i>	<sup>12</sup> <i>Chorus Practice 6:30pm</i>	<sup>13</sup> <i>Prayer Meeting 6:30pm</i>	<sup>14</sup> <i>Backpack Program 8:00am Pathfinders 6:30pm</i>	<sup>15</sup>	<sup>16</sup> <i>Children's Church Fellowship Meal Adventurers 1:30pm Fall Festival 6-8pm</i>
<sup>17</sup>	<sup>18</sup> <i>Church Board Meeting 6:30pm Newsletter Deadline</i>	<sup>19</sup> <i>ACS 10am-12pm Chorus Practice 6:30pm</i>	<sup>20</sup> <i>MOMCo 9:00am Prayer Meeting 6:30pm</i>	<sup>21</sup> <i>Backpack Program 8:00am Ladies Bible Study 2:00pm Pathfinders 6:30pm</i>	<sup>22</sup>	<sup>23</sup> <i>Music Sing-a-long at Woods' Home</i>
<sup>24</sup>	<sup>25</sup>	<sup>26</sup> <i>Chorus Practice 6:30pm</i>	<sup>27</sup> <i>Prayer Meeting 6:30pm</i>	<sup>28</sup>  <i>Church Office Closed</i>	<sup>29</sup> <i>Church Office Closed</i>	<sup>30</sup>

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