



## Trust or Fear?

Well, by the time you read this in April, I hope things will not have worsened with the Covid 19 virus outbreak. From the current standpoint, especially for those of us in the older generation (I can't believe I just said that!) we need to be careful. I am encouraged as I think about the health knowledge that God has given us through Ellen White (think NEWSTART) and the Bible promises we can claim as we go through this crisis.\*

So how do we handle the situation we find ourselves in today? In one word: TRUST. So, I will share with you how I am handling it. I have chosen to trust God. I have chosen to not dwell on the circumstances, but to rely on His promises. I have chosen to not allow my mind to go negative and think about the

## 100 DAYS OF PRAYER

FOR THE WORLD CHURCH AND ITS MISSION  
March 27 – July 4, 2020

- Outpouring of the Holy Spirit
- Personal Revival for Mission
- Covid-19 Pandemic

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“what if’s...” I have chosen to listen to sermons and Godly music. I have chosen peace.\*\*

Did you notice I never used the words “feel” or “feelings”? Because my feelings will lead me astray. Satan would love for me to have a spirit of fear. But I refuse to, for God has not given me a spirit of fear but of power

and of love and of a sound mind (2 Timothy 1:7). Friends, the days ahead may not be easy, but no one can take away your peace, if you choose to trust God and stay in His Word. May God keep you in His care.

\*Exodus 15:26; 2 Chron. 16:9; Psalm 23; 103:3; 147:3; Isaiah 41:10; John 14:27, \*\*Isaiah 26:3  
~Donna Griffith, Prayer Ministry



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# Women's Ministry Prayer Brunch



God's timing is always perfect. On March 8, the day after the International Women's Day of Prayer, thirty-five women from the Grants Pass Seventh-day Adventist Church gathered in the Better Living Center for good food, fellowship, and to learn about and engage in powerful prayer. God knew the timing was just right to give us the boost we'd need in the near future when we would not be able to gather together physically to worship and pray.

In opening remarks, Linda Wagner reviewed the mission of our Women's Ministry, which is to encourage the women of our church in their development of a personal relationship with Jesus, to uplift each other and the community in prayer, and to serve the church and community as we serve our God.

Linda also thanked the other members of the Women's Ministry Committee: Carolyn Bartholomew, Mikayla Gatt, and Becky Kruger, for their help with the planning and preparation of the food (Armenian Christmas Porridge, Hurry Up Hearty Hash, Scrambled Tofu, Buckwheat Pan Pancake, fresh fruit, toast and nut butter, scones, cold and hot drinks) and Marcella Lynch, for allowing us to use her delicious recipes for the porridge, hash and tofu dishes. At the

request of an attendee, recipes were shared with those who desired them, and later when names were drawn for small gift giveaways, Marcella and Rosie Tresenreiter graciously gave away 3 of Marcella's cookbooks to very grateful recipients. Linda also thanked Yulia Baydala and her mother Svitlana Zhurska who, although they couldn't attend the brunch, had come to the BLC Saturday evening and ministered to the women of our church by helping Carolyn decorate and create beautiful white floral bouquets to contrast with the yellow table cloths brightening the room.

For many of us, music is another form of powerful prayer, and tears glistened in more than a few eyes as we gathered our hearts together by singing "Sweet Hour of Prayer" led by Becky as Sylvia Cray played the piano. Mikayla Gatt followed with a beautiful song "I Fall on My Knees" that spoke of the reasons we kneel in prayer.

Following the feast and time of fellowship, Donna Griffith shared her thoughts on the power of prayer. She shared what prayer means to her, and stories of prayer and scriptures that can provide a meaningful focus to our prayers. She also provided each woman with a copy of a little booklet titled "Solid Foundation: The Power of Praying Scripture." Donna quoted from it as she called us to "be bold and tenacious when . . . praying God's will."

As we neared the end of our prayer brunch, it was obvious to many that the Holy Spirit was there with us. Linda shared some closing thoughts about becoming a river of prayer, beginning and ending each day with a prayer of gratitude, seeing the world through God's eyes and radiating His unconditional love, asking God each day to make them a blessing to someone



that day. Linda ended with a quotation from Ellen White: "The greatest victories to the church of Christ or to the individual Christian are not those that are gained by talent or education, by wealth or the favor of men. They are those victories that are gained in the audience chamber with God, when earnest agonizing faith lays hold upon the mighty arm of power." (*Patriarchs and Prophets*, p. 203, from chapter 18: The Night of Wrestling)

Our closing song, "A Quiet Place", capped our time together and we knew that "from this quiet place" we would be "prepared to face a new day with love for all mankind." Closing prayer was held at each table with each woman having the opportunity to take the things and people on her heart to God's throne of grace.

~Linda Wagner



# Growing! & Going!

## “PASSES THE TORCH”



Already it feels like a long time ago. One of the last church gatherings, before this current crisis escalated, was held on a beautiful Sunday mid-morning. The Growing! & Going! committee held its second “Pass the Torch” ceremony in the Better Living Center. A dozen or so mentors, along with their mentees, gathered for reflection and praise. Mentors and mentees shared their experiences as part of the Growing! and Going! program. They praised one another and the “torch” was passed from mentor to mentee. Mentees were encouraged to become the next mentors. Pastor Charles Byrd spoke words of encouragement, and the need we have to grow in Christ and share. Leader Carrie Hise encouraged these relationships to continue. It is important to nurture the relationships we have formed.

Growing! & Going! remains a discipleship and mentoring program of the Grants Pass Seventh-day Adventist

Church. The program brings “newer” Christians, and those interested in further spiritual growth, together. They are joined with a more seasoned Seventh-day Adventist church member. The purpose of this vital ministry is to establish deep, one-on-one relationships. Relationships are built through mentorship and team-building activities. The ultimate goal is for each mentor to show his/her mentee how to become a disciple. Discipleship will hasten the message of the Great Commission. In these uncertain times, it is critical to share the Gospel message. Sharing is now more urgent than ever.

The program will be on a brief hiatus in the coming months. There are plans to re-evaluate, and, God willing, return for a third season in the future. The relationships formed this past season will not, however, be on hiatus. Bonds have been formed and those friendships are bound to continue on! ~Jennifer Burkes



### 100 Days of Prayer Starts on March 27

Join Seventh-day Adventists all around the world in praying for the presence and power of the Holy spirit to be poured out on our church, to empower us for mission, and to be a light to the world during this time of crisis. Learn more at: <https://www.revivalandreformation.org/100days>

**Will you pray for God's church and mission during the Covid-19 crisis?**

**100 Days of Prayer For The World Church And Its Mission**

**Mar. 27 - July 4, 2020**



On March 9, the Disaster Preparedness Committee hosted a class called “Stop the Bleed”. Dawn Boyd, Eric Jenkins, Cole Moore, and William Schmidt came to present this class from the trauma department at Asante. A very interactive group of 24 joined together with them in the Youth

Chapel to learn about techniques to control life-threatening bleeding. During the class, a powerpoint was shown to illustrate the importance of maintaining your own safety, identify life-threatening bleeding, and techniques to control the bleeding using pressure, wound packing, tourniquets, and emergency bandages. The emphasis was to implement these techniques to save a person's life. There was opportunity for hands-on practice for

each of these skills and for many practical questions. This group is now better prepared to respond in the unfortunate event of an incident causing severe bleeding to a person. I think everyone who attended enjoyed their time of learning and would encourage you to do what you can to be prepared in this world where we know disasters will increase in frequency and intensity. ~Dawn Boyd, RN, BSN, MIDA, Trauma PI Nurse, at Asante Three Rivers Emergency Department



# RAFIKI OF RWANDA

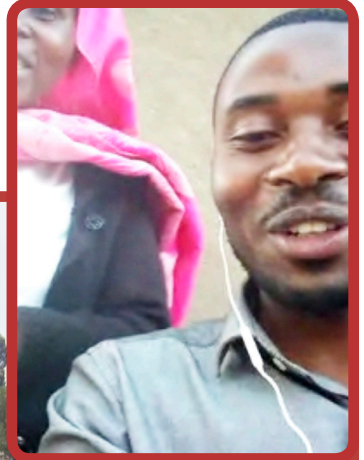
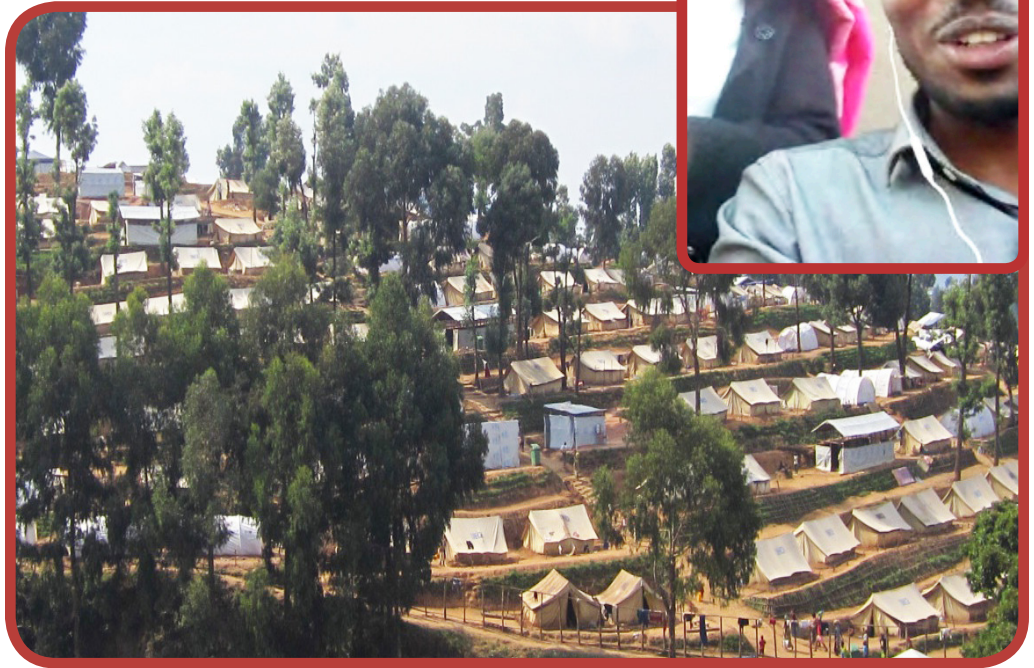
BY LINDA WAGNER

In this time of uncertainty, of one thing Rafiki Mureramanzi is certain—that God loves him and God is in control. On March 23, 2020, I spoke to Rafiki via WhatsApp to hear an update on his status. One week earlier, he had to leave the university and travel by bus back to the Kigemere refugee camp in Rwanda where his family lives. The Rwandan government had closed all boarding schools in an attempt to minimize the spread of the Corona virus. The weather today was clear so his internet connection was surprisingly good for our video chat. (Rain and thunder storms will break up the internet connection.)

He is one of the fortunate ones able to connect with the outside world as his family previously purchased solar panels, and they provide enough electricity to charge his smart phone—but not enough to use his computer which contains his university textbooks (ebooks). Only a few homes in this refugee camp of 20,000 people have solar panels and that little bit of electricity that will charge a phone and provide some light within the home.

During our conversation, Rafiki spoke briefly in Kinyarwanda to shoo away little children noisily playing nearby. He noted the children are no longer allowed to leave the refugee camp to go to the playground just outside the camp. When he left the university, he was told it would be for a two week period, but he has heard that will likely be extended.

Each person in the refugee camp continues to receive \$6 per MONTH from the United Nations' World Food Program (WFP) to purchase food and



other necessities, but as commodities become scarce, some individuals are greatly increasing the prices. He stated the government is taking steps to stop the price gouging, but Rafiki is concerned the \$6 may soon only buy one day's worth of food.

But let's go back a few years to the time before Rafiki's story in Rwanda begins. In 2012, on a Monday, seventeen year old Rafiki experienced the loss of a parent when his father died after becoming ill. On Thursday of that week he, his mother, seven younger siblings and two young relatives fled from the eastern part of the Democratic Republic of Congo (DRC) to Rwanda. They didn't fly or take a train or even a car. They walked about 40 kilometers (24-25 miles) through a forested area of DRC before they could find a bus to take them the rest of the way to Rwanda and across the border where they were registered and sent to a transit camp run by the United Nations High Commission for Refugees (UNHCR).

In a UNHCR news statement dated March 6, 2020, they acknowledged "The situation in DRC remains one of the most complex and long-standing humanitarian crises in Africa. DRC refugees are seeking safety in locations where hosting communities are already under pressure with meagre resources." There's been ongoing conflict and intercommunal violence leading

Congolese. (<https://www.unhcr.org/en-us/news/briefing/2020/3/5e620fb34/unhcr-partners-seek-us621-million-support-drc-refugees-hosting-communities.html> retrieved 3/23/2020.)

Rafiki was born in the DRC on June 1, 1994, to a Seventh-day Adventist family. His father was an elder in his local church. Rafiki's birth took place while the genocide was occurring in neighboring Rwanda. By the end of the genocide (in June 1994 or shortly thereafter), almost two million people fled from Rwanda to neighboring countries, including Zaire (now known as the Democratic Republic of Congo). Many who fled were extremist Hutu dominated militias escaping retribution in Rwanda. This added to existing unrest and conflict in eastern Zaire (DRC) with reports of robbery, forced labor and other crimes committed by at least a dozen militias operating in the country.

In 2012, the situation in the eastern part of Zaire (DRC) had become untenable. In May the Congolese army had found 25 tons of abandoned weapons on a Masisi farm (North Kivu Province). A rebel group called M23 or Congolese Revolutionary Army (referring to a March 23, 2009 peace deal) was composed mostly of Tutsi deserters from the Congolese army and members from former militia groups) had wreaked





# 17 TIPS FOR FIGHTING A VIRUS



While flu season is an annual occurrence, the global outbreak of the novel coronavirus and COVID-19 infections has drawn more attention to what individuals can do to fight viral infections.

While the following natural health and healing suggestions are not a replacement for professional medical advice and treatment, research has shown these strategies may strengthen immunity and improve symptoms.

Those with symptoms are being urged to stay at home and utilize telemedicine services to gain a doctor's advice.

Even if you're not infected, be sure to practice the recommended steps to avoid the virus: frequent handwashing, "social distancing" from other people, and staying at home as much as possible.

Dr. Neil Nedley, a physician and president of Weimar Institute, told Pastor Doug Batchelor in [a recent interview](#) that taking N-acetyl cysteine (NAC) supplements can help develop antibodies against the infection. He also suggested zinc supplementation and urged a plant-based diet of foods rich in antioxidants—including broccoli, brussels sprouts, spinach, kale, and garlic, as well as fruits including berries and plums.

***Note:** Please consult with your physician before utilizing these natural remedies, especially if you have severe symptoms, are on any form of medication, or have a special condition, such as diabetes, heart disease, cancer, etc. If you're concerned about the novel coronavirus and COVID-19 infection, check the advice at <http://www.coronavirus.gov>.*

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*information regarding any medical condition or treatment with your physician.*

## 1. Take a Contrast Shower

At the first sign of a cold or flu, give yourself a "contrast shower." The sooner you do it, the more effective it is. This treatment increases the number of circulating white blood cells and can ward off a full-blown infection.

- Turn the water as hot as you can tolerate (105 to 110° F).
- After a few minutes, turn the cold water on. Start with a mild contrast. Jumping up and down and rubbing your skin while in the cold water will help. Leave the cold on for about 30 seconds. Never leave it on so long that you actually feel chilled. This will have an undesirable effect (if you feel chilled, turn the hot water back on until you feel warm; then try a shorter application of cold or milder temperature).
- Repeat this contrast three times, ending with cold. Dry yourself briskly and go to bed for at least one hour. Repeat this treatment 1 to 2 times daily.

***Note:** If you have diabetes, heart disease, or other circulatory impairment, use only a very mild contrast.*

## 2. Rest!

Continuing your normal level of activity usually results in worsened symptoms and a longer illness. Particularly if you have a fever, go to bed so that your body can do the work of healing without interference.

## 3. Avoid Antibiotics, if Possible

Colds and influenza are caused by viruses. Antibiotics fight only bacterial infections, such as strep throat. They can also upset the healthy bacterial balance of the digestive tract. Try an herbal preparation such as garlic or echinacea. These can help the body fight infection without harmful side effects. (Use echinacea only when

fighting an infection; otherwise, it can lose its effectiveness.)

## 4. Take Vitamin C at the First Sign of Symptoms

Vitamin C has been shown to reduce the severity of symptoms and shorten the duration of a cold or flu (1,000 mg in the morning, 500 mg in the afternoon).

## 5. Eat Simply

Avoid sugars and fats and limit juices and fruit, especially dried fruit (citrus fruits are preferable). Eliminate dairy products, which aggravate mucus-related symptoms. Drink plenty of fluids. Water, soups, and broth are all suitable, up to three quarts a day.

## 6. Keep Hands, Feet, Neck, and Ears Warmly Clothed

Blood flow to the nasal structures falls as the temperature of the extremities falls. Viruses prefer the resultant lower temperature and sluggish circulation of the nasal passages. This is why a chilled person has lowered resistance to upper respiratory infections.

## 7. Get Fresh Air, but Avoid Drafts

Keep your room warm (68 to 72° F), but not hot. Do deep breathing exercises, preferably outside.

## 8. Get a Little Sun Outdoors, but Don't Allow Yourself to Get Chilled

Sunlight boosts the immune response and raises beneficial hormones that will help you feel better.

## 9. Don't Be Too Eager to Reduce a Fever

Fever is a defense mechanism the body uses to fight infection. If you feel chilled, you are in the heating stage of a fever. Take steps to warm yourself. When you feel hot and are sweating, you have moved into the cooling stage of the fever. This is often referred to as "fever breaking."

## 10. For Nasal Congestion

- Drink hot broth or hot tea, such as peppermint or ginger
- Add plenty of garlic and onion to soups

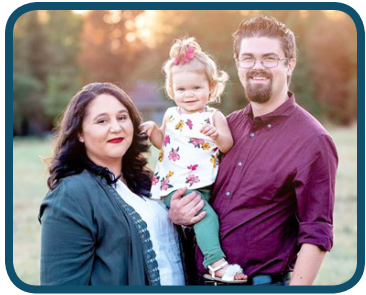
*cont. on page 10*

DAVE RAMSEY'S

# FINANCIAL *Peace*®

UNIVERSITY

Editor's note: Kim Wagner recently taught the Financial Peace University workshop at our church. Since then, she has originated and now moderates the new Facebook group, "Financial Encouragement and Education". Here is another installment in her series on God's way of handling money.



"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9.

It's going to be ok. It's going to be ok. It's going to be ok. If there is one thing you should hear today and remind yourself of everyday, it's that it's going to be ok. Things are crazy right now, people have lost their minds, they are completely panicked and panic makes normal people do crazy things. It makes countries go to war, states close their borders, and people who are afraid of a cold buy out store reserves of toilet paper. Panic makes normal people look crazy. But it's going to be ok.

Right now though, it's crazy. BUT, there are things you can do to protect yourself financially right now so that if it gets crazier you have some cushion and when it gets calmer, you are started on the right track to financial freedom. Because the world goes crazy sometimes, this isn't the first time something crazy happened, and it won't be the last. So let's talk about the steps you can start taking today, so that you can get through this season of sickness and uncertainty with more hope than you had yesterday.

When it comes to making financially smart choices, you have to be calm. If you aren't

## FINANCIAL PEACE IN THE STORM

calm you shouldn't be making any choices. Sit down, breathe, pray and wait for the peace that passes all understanding, the peace that you can't fake. Make sure you have **that** before you start making any sort of financial decisions.

If you don't have some money tucked away, and you have the ability to squirrel some away, do so now. That money should come from whatever income streams you have. Do not take out a loan or borrow against your 401k or retirement; just set aside a bit from your paychecks. Normally now is when I say aim for \$1,000, but right now the more you can put aside the better. When the crisis passes, the extra above \$1,000 can go straight toward your debt.

If you have recently lost your job or expect to lose your job, stop paying off debt. Pay the minimums to keep them out of collections, if you can.

Stop saving for retirement if you have lost or are about to lose your job. This is extra money that is more valuable to you in hand than in the stock market, right now. As soon as the storm has cleared and you are debt free, please resume retirement planning.

Food, Housing, Utilities, Transportation. Your "four walls" are the most important things to take care of, and they get paid before anything else. They are the most important.

Stop eating out, even a cheap Taco Bell run. Beans and rice is the metaphor you may have heard. What it really means, is that it is way cheaper and healthier to eat at home than

to eat in a restaurant. Get out that crock pot and pull out those recipe books and make some delicious dishes that aren't expensive, and will last for days. Freeze some of it so you have a quick meal when you aren't up to cooking.

Cut the subscriptions, cable and extras. Between subscriptions and cable, you're probably paying a larger than needed amount for entertainment. Some of those can add up to a small mortgage payment. I know we are all stuck to our houses right now but that isn't an excuse to throw away needed cash. Amazon Prime, Youtube Red, Pandora, Kindle Unlimited, all these things are nice, but not necessary to your survival. Did you know you can watch TV over the air just like in the olden days? You can, and get this...it's FREE! You can even get our very own BLBN free over the air.

Libraries now have books you can "check out" online, and - get this - it's also FREE! It's easy to

come up with reasons why you need something, but honestly, taking a couple months without those things not only saves you money now, but also time and possibly money in the future.

Sell, sell, SELL! Go through your house, and get rid of everything you can. If you have a storage unit, get rid of that stuff too; you aren't using it and you will need the cash. Seriously, sell it all.

Get another job, if you aren't at an elevated risk. Believe it or not, some places are panic hiring. Delivery for restaurants, stocking store shelves - the market is flooded with new jobs right now. They might not be glamorous, but your bills don't care where the money comes from as long as they get paid. Keep it legal and earn as much extra cash as you can while in this storm. Even if you have a stable job, getting an extra side hustle isn't a bad idea.

Really quick, here are a couple of things you should **not** do.

*continued on page 7*





Do not take out a loan against your 401K. If you lose your job you have 60 days to pay it back in full or there are heavy penalties. It's not worth it, especially since we don't know how long this is going to last.

Do not cash out your retirement or investments in the stock market. I know it looks bleak, but seriously, just ignore that money - you will thank me in a year or two. History shows that the stock market always corrects itself, so don't panic and pull out now. You only lose money if you sell while it's down.

Do not quit your job, put your dog down, stock up on unnecessary supplies, or plan a trip. Now is the time **not** to do crazy things...now is the time to cling to sanity and peace.

Don't stop giving. Churches and nonprofits need your support now more than ever. Your time is still valuable and more available now because of the limitations on activities. Your talents will always be needed, and some of those talents are tailor-made for times just like these.

It's going to be ok. Maybe not today or tomorrow, maybe it will take several months, but eventually it will be ok. Take charge of what you can and trust God to be in control of everything else "I am leaving you with a gift—peace of mind and heart! And the peace I give isn't fragile like the peace the world gives. So don't be troubled or afraid." John 14:27

~Kim Wagner

*Rafiki from Rwanda, continued from page 5*

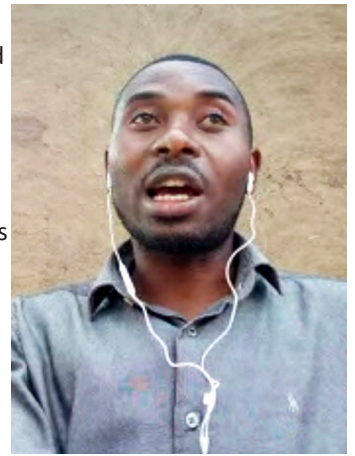
havoc on eastern DRC, and at least 800,000 people fled DRC to neighboring countries. (BBC News article dated May 9, 2012, retrieved from <https://www.bbc.com/news/world-africa-18012856> on 3/23/2020.) At least 60,000 of those refugees were Seventh-day Adventists, including Rafiki and his family, who fled to Rwanda.

Since that time, these Seventh-day Adventist refugees have lived in five UN refugee camps in Rwanda. They are given the equivalent of about 20 cents (in U.S. currency) per day to purchase food and other necessities. There is no electricity or running water in the camps. The UN provides education through what would be known as grade 9 in the U.S., but the days of the refugees are filled with nothing to do. Without jobs, they cannot leave the refugee camps, and without higher education they cannot get jobs.

Rafiki claims Jeremiah 29:11 as God's promise to him: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." The Adventist Development and Relief Agency (ADRA) Rwanda and World Vision worked with the UN to provide education in or near the camps, but only to what we would know as the freshman year of high school in the U.S. Rafiki grew up speaking French in school in DRC, and knew no English when he arrived in Rwanda.

Although he was almost through high school in DRC, he started school three grades lower so he could learn English and Kinyarwanda (the common language in Rwanda). After a few years he was ready for the final year of high school. While at least 800 refugees in Rafiki's camp desired to take the exams that would determine whether they could go to the next higher level of education, the United Nations determined they only had funds to allow 300 to take the exam, and Rafiki was not one of them.

*continued on page 10*



## Bored during the Covid-19 quarantine? Try one of these fun activities!\*

1. Make a scrapbook
2. Read a good book
3. Set up a Treasure Hunt
4. Bake a pie, cookies, or loaf of bread
5. Do a Pathfinder honor - choose

one at [www.pathfindersonline.org/honors/index](http://www.pathfindersonline.org/honors/index)

6. Learn a Scripture Song at [scripturesinger.com](http://scripturesinger.com)

7. Draw or paint a picture

8. Make a cardboard box fort in the living room.

9. Watch the beluga whales at the [Georgia Aquarium](http://Georgia Aquarium).

10. Watch the [Cincinnati Zoo](http://Cincinnati Zoo) on their Facebook page livestream at 3PM daily.

11. Make elephant toothpaste (How to at <https://www.scientificamerican.com/>)

12. Take a virtual field trip to [Yellowstone National Park](http://Yellowstone National Park)

13. Take a virtual field trip of the [Boston Children's Museum](http://Boston Children's Museum)

14. Explore the surface of [Mars with a digital 360° camera](http://Mars with a digital 360° camera).

15. Write a letter to a grandparent or family member

16. Make your own play dough - recipe at [I Heart Naptime](http://I Heart Naptime)

17. FaceTime family members

18. Break out the board games...Scrabble, Pictionary, etc...

19. Put a puzzle together

20. Go for a walk

21. Take a virtual tour of [Sequoia National Park](http://Sequoia National Park)

22. Make a pizza

23. Write in a diary or make a blog

24. Set up indoor hopscotch ...with painters tape!

25. Set up outdoor gym class - Obstacle course, anyone?

26. Play dress-up...It never gets old.

27. Take a virtual tour of a farm on [Farm 360](http://Farm 360)

28. Watch the [Monterey Bay Aquarium](http://Monterey Bay Aquarium) sea otter cam

29. Make your own board game. Use the [DIY board game instructions](http://DIY board game instructions).

30. Explore African wildlife at a watering hole at [African wildlife cam](http://African wildlife cam)

31. Try origami: learn how to make dinosaurs, swans, etc.

32. Virtually tour the [Great Wall of China](http://Great Wall of China)

33. Practice a musical instrument

34. Identify five types of birds and then research them

35. List the animals that live in your neighborhood

36. Learn about insects at the [Smithsonian Science Education Center](http://Smithsonian Science Education Center): insects online

37. Take a [virtual glider](http://virtual glider) around the world (above link)

38. [Craft your own hand soap](http://Craft your own hand soap).

39. Take a virtual tour of [Arches National Park](http://Arches National Park)

40. Play with felt boards

41. Check out [Scholastic](http://Scholastic), an educational resource

42. [Mystery Science](http://Mystery Science) - for kids in kindergarten - 5th grade.

43. Make play dough with [Kool-Aid](http://Kool-Aid) - it smells really juicy.

44. Watch an online music lesson at [Music to Your Home](http://Music to Your Home)

45. Practice another language with [DuoLingo](http://DuoLingo)

46. Start an indoor herb garden or a [terrarium tutorial](http://terrarium tutorial)

47. Get a free arts and crafts lesson at [McHarper Manor](http://McHarper Manor) on Facebook Live every day at 1PM EST.

48. Take a virtual tour of [Everglades National Park](http://Everglades National Park) or [Zion National Park](http://Zion National Park)

49. Learn how to knit or crochet at [Ravelry](http://Ravelry), a free resource for knitters

50. Paint with shaving cream in the shower. Add food dye for color.

**\*Google underlined items**



Wanda Powell started her life in McMinnville, but lived in Grants Pass where she attended our church for the first ten years of her life, and also the Adventist school through the 4<sup>th</sup> grade. When she was ten, the family moved to Santa Cruz, California. Wanda attended Monterey Bay Academy for her last two years of school.

Wendell began his life in Willits, California, attending both church and school there until he finished the 10<sup>th</sup> grade. For his last two years of school, he also went to Monterey Bay Academy. Though they were not in school at MBA at the same time, they met at Soquel Camp Meeting one summer, and married soon after Wanda graduated from MBA.

Wendell started his working career at Harris Pine Mills, and then became a welder, a trade he learned from his step-father. Next, he put his skills to work, starting his own small engine repair business. This eventually led him into sharpening a wide variety of equipment, later specializing in mobile restaurant cutlery sharpening, which he did for twenty-five years in Santa Cruz.

Wanda was a home maker, homeschooling their two boys: the oldest until 10<sup>th</sup> grade and the youngest through 6<sup>th</sup> grade. As her boys grew older and went on to traditional schools, she worked part-time for a friend in her health food store in Hollister, California.

During the 1980's a series of circumstances led Wendell and Wanda to become part of a group of people who some might term as "independent SDA's" or "separationists". As time progressed, it became evident that the focus of many of those in this group was pointing out what they saw as "errors" of the SDA church. Wendell and Wanda decided not to participate in the group any longer because they realized that many of the quotations used to support their conclusions were taken out of context.

A topic that Wendell was particularly interested in was tithing. The Holy Spirit led him to read again, in the Bible and the Desire of Ages, the story of the widow's two mites, and it became clear that God was

revealing His plan regarding this important issue. Upon further study, Wendell became convicted that God was directing him to rejoin the SDA church. He told Wanda of his decision and said that she didn't have to join with him, but that he was firm in his resolve. Wanda agreed with him and it was shortly thereafter that the Lord opened the way for them to move back to Hollister, California, where they were re-baptized and joined the SDA church there. Because of



**Wanda & Wendell Driver**

this experience, they believe the Lord has given them an advantage when it comes to recognizing a situation where someone may be questioning Adventist beliefs, and they can help point out the pitfalls and dangers to one's spiritual experience if they continue in pursuing that course.

During the time Wendell was restudying his position on tithing, the Lord tested his faith and sincerity. Wendell had always had work, but suddenly his business nearly came to a halt. He wasn't getting the calls for work like he had previously. For a period of several weeks, he didn't get one call or one job. He was wondering what had happened and what they would do now? But at that point he told Wanda that he was going to start tithing through the SDA church again. That very afternoon, he received a call for another job. From then on, Wendell never

went without work again. The Lord has been faithful to His promise of Malachi 3:10, and that was another indicator to Wendell that he had made the right decision.

Now that they were back in the SDA church, and their boys were grown, Wanda became the Santa Cruz church secretary, a position she held for twenty years; also handling the registration for Soquel Camp Meeting during that time.

When Wendell was nineteen, he was involved in a couple of serious auto accidents. Many years down the road, he began to experience severe headaches. It was finally discovered that he had a pinched nerve in his neck which would need to be surgically corrected. Unfortunately, the doctor who did the surgery made some major mistakes, leaving Wendell with a permanent disability and forcing him into retirement. When we have setbacks and disruptions in our lives, we are often quick to bemoan our circumstances, but later we often discover that it was a "blessing in disguise". It was not God's will for Wendell to be disabled, but He turned

it around and blessed them through it, bringing them to Grants Pass and providing a place for them to live in the country.

Wanda's interests lean toward health ministries. She has helped with CHIP and Depression Recovery programs. She also enjoys cooking and baking. Wendell is a hobby machinist and enjoys working with both metal and wood. Throughout their lives, the Lord has given them numerous opportunities to help others see that Christians can be friends with someone without being judgmental of those who don't believe as they do.

We would all do well to follow their example in showing others that we, as Christians - and more specifically, Seventh-day Adventists, are people who care about others and want to help them live a more happy and fulfilled life by introducing them to Jesus and His great love for them.

~Ginny Frost



He was discouraged, but his mother found another school about 10 kilometers (6 miles) away from the Kigeme refugee camp. He walked 4 hours every day to go to and from that school, and had no money to eat while at the school. His mother sold the food allowance they were given by the World Food Organization in order to pay the fees for Rafiki's schooling. Rafiki was determined to learn, and took courage from Nelson Mandela's statement "Education is the only weapon we can use to change the world." Rafiki finished one year at the new school.

Then God's plan for Rafiki included being chosen by Impact Hope, a supporting Seventh-day Adventist ministry started by Mindy and Hans Thygeson (in West Linn, Oregon), for further education. Impact Hope gained sponsors to send Rafiki and other refugee young people to Adventist boarding schools in Rwanda where they enjoy better living conditions, regular meals, quality education, and the opportunity to learn more about God. Rafiki graduated from Gitwe Adventist College (a boarding academy) in November 2017. A month later, because of his high scores on exams (70 out of a possible 73 aggregates), Rafiki was chosen to be one of 50 students interviewed for 14 scholarships to be provided by the Center for Online Evangelism (COE, an Adventist supporting ministry started by Ed Wagner) and was selected to attend the Adventist University of Central Africa (AUCA).

From March 2018, until last week, Rafiki has been attending AUCA, living in a small home a five minute walk away, and studying accounting and other subjects. With the assistance of Richard Carrigan from the Grants Pass Seventh-day Adventist Church, Rafiki and the other 13 young men with scholarships from COE have been working to improve their English language skills to improve future employability and service to God. Rafiki is determined to someday be a light for others.

When the Corona virus crisis ends and Rafiki and the others are able to return to the university, additional funds will be needed to enable them to continue through to graduation at the end of 2021. Please pray for Rafiki, his classmates, and all the Congolese refugees living in camps in Rwanda. I urge you to go to <https://www.centerforonlineevangelism.org/> to learn more about the Rwanda Project and consider donating funds toward the project. Please pray the university closure will only be for two weeks and that the students will be able to return to their studies and a place with electricity and regular meals. ~Linda Wagner

## Thoughts & Prayers

Catherine Bell	Delbert & Alice Lewis
BLBN	Jerry & Zola Lewis
Stan Bishop	Darlene Loewen
Cathy Bovee	Henry Martin
Joyce Casper	Cathy McGinnis
Mildred Chaney	Marvin McKillip
Larry Day	Rita McMullen
Artur & Tulia De	Molly Mourning
Carvalho	Our School
Patty Esquivel	Chuck Painter
Todd & Connie Frye	Melvin Partin
Dennis Gallegos	Jessica Rae
Beth Greer	Courtney
Ingrid Gruenheid	Rasmussen
Betty Hamblin	Ron Rau
David Hamblin	Israel Rush
Joney & Dahn	Lance Schmidt
Haning	Mel Smith
Harry Hansen	Peggy & Shirley
Butch & Pam Helwig	Stevens
Fran Holder	Joy Stewart
Virginia Hume	Yvonne Tooley
Gary Jones	Rinann Uteg
Dennis Kamberg	Ethel Watts
Sharon Karen	
Steve King	



## GRIEF MINISTRY

**"Though the mountains be shaken and the hills be removed, yet My unfailing love for you will not be shaken nor My covenant of peace be removed."** Isaiah 54:10

Most of us have experienced firsthand how the radically changing circumstances of life often have a dramatic influence on us, and on those whom we love. One moment we experience joy, the next we are swept into the depths of despair.

Regardless of these unexpected and unplanned events in your life, you have the assurance of God's love for you. However despondent you may be, never lose sight of the fact that Jesus loves you with an unfailing, eternal and perfect love.

Turn to Him in times of affliction and you will enjoy the blessings of the Lord, as well as His love that drives out all fear.

~Dr. Ted and Jeanne Powell



and eat while hot

- Use saline nose drops: Dissolve 1/4 teaspoon salt and 1/4 teaspoon baking soda in 1 cup warm water. Use with a clean eyedropper or nasal spray bottle.
- Use a water vaporizer with eucalyptus essence
- Apply a hot sinus compress
- Use "breathing strips" found in the First Aid section of drug stores

### 11. For a Sore Throat

Gargle with saltwater: 1/4 teaspoon salt to 1 cup warm water

- Use zinc lozenges
- Use a water vaporizer, especially at night
- Apply a hot compress to the throat

### 12. For a Cough

- Drink hot peppermint or ginger tea with a teaspoon of honey
- Honey mixed with fresh lemon juice can also soothe a cough, but use sparingly
- Use a water vaporizer with eucalyptus essence
- Apply a hot chest pack

### 13. Take an Acidophilus Preparation

This may help fight off viral and bacterial infections by ensuring an abundance of beneficial bacteria in the bowel.

### 14. Reduce Stress

Avoid dwelling on how bad you feel or how much you're missing. Read light and uplifting material or listen to soothing music. According to research done at Carnegie Mellon University in Pittsburgh, the more positive your attitude, the less severe your symptoms may be.

### 15. If Symptoms Are Severe, See a Physician

Severe symptoms include a fever above 104° F or one of 102° F that lasts more than a day, severe or persistent sore throat, ear pain, stiff neck, wet chest sounds, colored mucus or sputum, a cough that lingers more than a week after other symptoms have cleared, etc. These symptoms may indicate a more serious illness.

*Note: The CDC states, if you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.*

### 16. Avoid Spreading the Infection to Others

Stay home and use disposable tissue to cover coughs and sneezes and for blowing your nose. Don't prepare food for others, sit or stand close to others, and wash your hands frequently.

### 17. When You Start Feeling Better, Don't Shift Back Into Full Gear

This usually results in a relapse. Stay low (and even in bed) for a few extra days. Make a gradual transition to normal activity.



# Pathfinder Corner



Above: Pathfinder worship with Chuck Austin



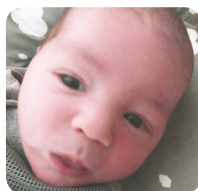
Left: Investiture requirement First Aid class taught by Viviana (Robin) and Christina Hager and Jackie Davis

Below: Pathfinders practicing lines in Christian Drama class taught by Melissa Derfler and Julie Bohlman

Bottom: Sharks honor class taught by Cathy McGinnis.

Photos by Gary McGinnis

## Our Pathfinder Club welcomes... *George Delmer Wagner*



...newest addition to our church & Pathfinder family! George joins proud parents Eric and Kim Wagner and big sister Amelia. George was born March 6, 2020. These days he gets rocked to sleep to the tune of a song Eric composed for the Covid-19 home quarantine!

Sing along - to the tune of "Daisy, Daisy"...

"Virus, virus. I've had enough of you.

I'm half crazy, because of the things I must do...

I've got to social distance, I'm part of the virus resistance,

'Cause curves are great, upon my date,

but I'll flatten them out of you!"





## Pastor's Page

# The Plague— The Cure



COVID-19 was not even a term a few weeks back. But this plague is upon us. At the time of this writing over 27,000 people have died as a result. (Current stats can be viewed at <https://www.worldometers.info/coronavirus>). Our hearts go out to those who have suffered personal loss, our prayers go out for the first responders, the nurses, doctors, and the many other medical personal whose job it is to meet this invisible enemy with indefatigable energy.

The enemy is amazingly small, no more than 160 nanometers across. In contrast, a human strand of hair is approximately 100,000 nanometers across! This very, very small "bug" is killing people left and right on every continent except for Antarctica. It is not only causing many deaths around the globe, but is seriously disrupting people's lives, their jobs, and their finances. Let's just say it's got our attention.

Today Trump signed a 2 trillion dollar financial package to help with this crisis. "We're here for you" the government is saying. "We're seeking to manage this crisis." "The invisible enemy will be defeated," they promise and assure us. "Good luck with that," is my response. Oh, don't get me wrong, they need to do the best they can, and I believe they are trying. But they are only working on the symptoms while our God is

working on the cause.

The cause of every virus that makes us sick, of every lust that destroys hearts and families, of every selfishness that breaks relationships and trust, is a virus that's 100% contagious. This contagion has caused every rape, war, riot, incest, cancer,



robbery, and funeral. This cause is contained in the simple word, sin. We're concerned, and rightly so, for a small virus that is killing 1 to 3% of its victims. But without a cure, sin kills 100% of the people who are infected with it (Romans 6:23).

But, praise God, we have a "Great Physician." He stands with the complete cure and inoculation to prevent any relapse (Jeremiah

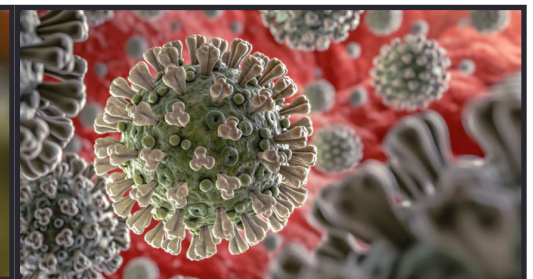
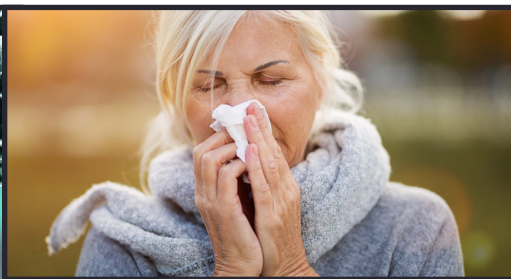
8:22). Consider these words of great comfort and hope:

"Those who put their trust in Christ are not to be enslaved by any hereditary or cultivated habit or tendency. Instead of being held in bondage to the lower nature, they are to rule every appetite and passion. God has not left us to battle with evil in our own finite strength. Whatever may be our inherited or cultivated tendencies to wrong, we can overcome through the power that He is ready to impart. . . . " CH 440.1

Here's the problem – most of us don't want to be made well if it means a change of attitude, diet, dress, friends, entertainment, or pleasure. But, if we as a church are willing to team up with the divine plan, if we as individuals are willing to put Christ first, to die to self, to have no satisfaction in anything less than His will, a cure will be affected. And with nothing less than a 100% unconditional and full surrender to His will the cure is promised.

For now, let's work with the government to fight COVID-19. But let's work with Jesus even harder to help folks find the cure from sin problem, to find a new life, free sin, and promise of eternal life at last.

~Pastor Charles Byrd





### Happy Birthday

AMELIA WAGNER	01	ED WAGNER	05
LYLE SPRAIN	01	MARTHA COVRIG	05
BOB PIERSON	03	BUNNY KIRK	06
MATTHEW TYNDALL	03	CAROLINE WHITCHURCH	06
MICKY DOLLARHIDE	03	DALLAS HILLIGOSS	06
CURTIS ALLEE	04	NEVA MACPHEE	06
LAVELLA JORGENSEN	04	EARL PALMER	07
BRIANA TRESENITTER	05	VICTOR DE LA VEGA	07
CHEYENNE VAZQUEZ	05	JAMES BROCK	08
		BLADIMIR MENDEZ	09
		JANESSA INGRAM	09

BILL PETERSON	09
BOB DALE	10
KATHRYN HULBERT	11
MICHAEL BLURTON	11
MITCHELL WAGERLE	11
PIETRO D'AMBROSIO	11
COREEN DUSTEN	12
KIMBERLY BROWN	12
GALINA GRITSUK	14
STEPHANIE CRARY	14
DAWN DEVRIES	15
ROSALIE HURD	15
ELIZABETH VERSTAPPEN	16
JORDAN GATT	16
EVELYN WAGNER	17
GERALD MARTZ	17
KAYLA HEIDINGER	17
PAUL SHEWMAKE	17
MAX GROVE	18
LEVI CRARY	19
LES DERFLER	20
CARYL ERMISHAR	21
LORI SMITH	21
RYAN HOLCOMB	21
CHRISTOPHER NETTIFEE	22
RON FIELDS	22
MARISSA HEIDINGER	23
PAULINE NETTIFEE	23
JOSHUA BIGGINTON	24
MARREK SETTERS	24
RENA WASHER	24
SCOTT SHEARER	24
KELLY O'REILLY	25
RANDY ROMERO	26
MAYA BELOVITCH	27
PAT LAWRENCE	27
RACHEL ERMISHAR	27
LAVON RAMSEY	28
MADISON SMITH	28
MARY SMITH	28
KAREN BYRD	29
LYNN SHIELDS	29
MARINA MANCIA	29
CHRISTINA HAGER	30
HEIDI WIGGERS	30
HUNTER FIELDS	30
MOLLY MOURNING	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH
			1 6:30 pm Prayer Meeting (via ZOOM)	2 3-6:00 pm Veggie Food Store	3 Sunset 7:41 pm 	4 9:30 am Sabbath School (via ZOOM) 10:50 am Church Service (via livestream) Sunset 7:42 pm 
5 2:00 pm Depression Recovery (via ZOOM)	6	7 9:00 am-2:00 pm Dorcas 12-4:00 pm Veggie Food Store	8 6:30 pm Prayer Meeting (via ZOOM)	9 3-6:00 pm Veggie Food Store	10 Sunset 7:49 pm 	11 9:30 am Sabbath School (via ZOOM) 10:50 am Pastor Byrd (via livestream) Sunset 7:50 pm 
12 2:00 pm Depression Recovery (via ZOOM)	13	14 9:00 am-2:00 pm Dorcas 12-4:00 pm Veggie Food Store 6:30 pm Elders Bozrd (via ZOOM)	15 12:00 pm Red Cross Blood Drive 6:30 pm Prayer Meeting (via ZOOM)	16 3-6:00 pm Veggie Food Store	17 Sunset 7:57 pm 	18 9:30 am Sabbath School (via ZOOM) 10:50 am Chuck Austin (via livestream) Sunset 7:58 pm 
19 2:00 pm Depression Recovery (via ZOOM)	20	21 9:00 am-2:00 pm Dorcas 12-4:00 pm Veggie Food Store 6:00 pm Finance Committee (via ZOOM) 7:00 pm Church Board (via ZOOM)	22 6:30 pm Prayer Meeting (via ZOOM)	23 3-6:00 pm Veggie Food Store	24 Sunset 8:05 pm 	25 9:30 am Sabbath School (via ZOOM) 10:50 am Pastor Byrd (via livestream) Sunset 8:06 pm 
26 2:00 pm Depression Recovery (via ZOOM)	27	28 9:00 am-2:00 pm Dorcas 12-4:00 pm Veggie Food Store	29 6:30 pm Prayer Meeting (via ZOOM)	30 3-6:00 pm Veggie Food Store	Events may have been changed or added; please check: <a href="https://www.grantspasschurch.com/calendar/">https://www.grantspasschurch.com/ calendar/</a> and ANNOUNCEMENT PAGE	