



May 2021

NEWS 'n VIEWS

from the Grants Pass Seventh-day Adventist Church

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OUR HEALTH MESSAGE OVER 100 YEARS AHEAD OF TIME

The Seventh-day Adventist Church has a health message second to none. If anyone questions its divine inspiration, they should consider the many amazing health admonitions proclaimed by Mrs. White over one hundred years before science could confirm them.

Here are just a few:

MRS. WHITE IN 1872: WALKING BEST EXERCISE

"There is no exercise that will prove as beneficial to every part of the body as walking. Active walking in the open air will do more for women, to preserve them in health if they are well, than any other

means. Walking is also one of the most efficient remedies for the recovery of health of the invalid. The hands and arms are exercised as well as the limbs."

(Health reformer 4/1/1872)

"If those who are sick would exercise their muscles daily, women as well as men, in outdoor work, using brain, bone and muscle proportionately, weakness and languor would disappear. Health would take the place of disease and strength the place of feebleness."

(E.G. White MM 297)

SCIENCE IN 1995:

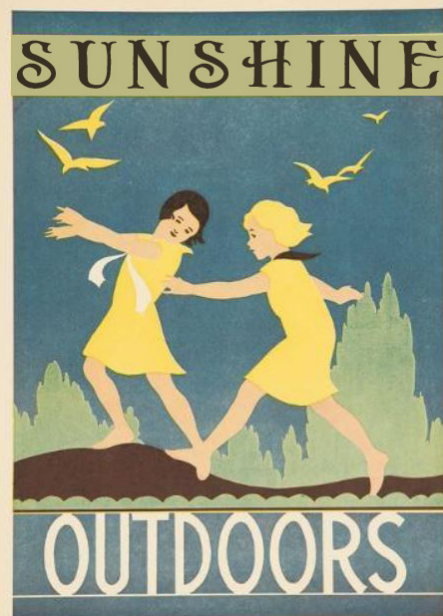
Walking is just about the best exercise of all for your heart. Not jogging. Just walking at a brisk but comfortable pace for 20 to 30 minutes, three times a week.

(Peter M. Abel, M.D., Medical Director, Cardiac Institute of the South)

SCIENCE IN 2002:

"Walking is as good as running when it comes to reducing the risk of heart attack or stroke for women middle-aged and older, according to the results of a large study sponsored by the federal government. The results suggest that the benefits of exercise are within reach of virtually every American woman and do not require equipment, organized sports or painful exertion.

(N.E. Journal of Medicine, quoted in Washington Post 9/5/02)



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PURE AIR

In this issue...

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May '21 Calendar (insert)



FROM THE *Editor's Desk*

Jesus is coming soon! Everything in the world is pointing to that great event. Great cities will soon be destroyed as God destroyed the cities of Sodom and Gomorrah. We are not far off from the enforcement of Sunday rest by law. Every one of us will choose whether we will receive the Mark of the Beast or the Seal of God. The world is gearing up to enforce Sunday observance to promote their climate change agenda. This fall, the United Nations Climate Change Conference will convene in the UK, to discuss ways to give the earth the "rest" it deserves. The solution has already been planned out and we know what it will be.

Inspiration has said, *"Again and again the Lord has instructed that our people are to take their families away from the cities, into the country, where they can raise their own provisions; for in the future the problem of buying and selling will be a very serious one. We should now begin to heed the instruction given us over and over again: Get out of the cities into rural districts, where the houses are not crowded closely together, and where you will be free from the interference of enemies."* EGW, Country Living, p. 11.

We all need to be putting this into practice: raising our own food, growing a garden, berries, etc. If you don't live in the country, you can turn your front or back yard into a garden. Many people are successfully doing this. See page 7 for some ideas on how to do it yourself.

Did you know God gave us inspired counsel on how to plant fruit trees? Check it out on page 6. This method has been very successful! We are so blessed that God cares about every aspect of our lives! God's counsel is never outdated, as John Mauro's excellent cover article shows. (In keeping with that theme, hope you enjoy the "vintage" illustrations in this issue! I had fun with them!)

I am convinced that right now is a serious time of preparation for what is soon to break upon the world as an overwhelming surprise. This statement deeply impressed me:

"The believers must be impressed with their great need of Bible knowledge. There must be painstaking effort to fasten in the minds of all, the solid arguments of the truth; for everyone will be tested, and those who are rooted and grounded in the work of God will be unmoved by the heresies that will arise on all sides; but if any neglect to obtain the necessary preparation, they will be swept away by errors that have the appearance of truth." EV 365. This is what we all need! Sharing the truth we have with others fixes it in our own minds. On pp 8-9 there is a study for you to share. More at www.2ndAdventRevivalMinistry.com.

blessings, *Melissa*

LETTERS & THANK YOU'S

A very heartfelt "THANK YOU" for all the prayers, cards, and phone calls during Bill's illness. We just thank you so much and praise the Lord for all our wonderful friends in this time. Thank you so much.

Looking forward to when we can be with our loved ones again. Hope it comes soon!

Joan Peterson and family



DAN & DONNA CLIFFORD send greetings:

"HELLO and hugs to all of our friends in Oregon. Hope you are having a beautiful spring. Spring in Georgia is when all the flowering trees start blooming, the gardens are ready to go in and the Tornado watches are commonplace.

"It is tornado season now. It gives an all new meaning to the idea of trusting God as He is the only one to protect from the storms here. Love, Dan & Donna"

If you want to send them a note, here is their email:

donna.b.clifford@gmail.com

and their address:

1413 Betty Dunn Rd, Pine Mountain GA 31822



CORRECTION:

Last month's health article, "Oxygen the Breath of Life", was written by MIVEN (not Edsen) Donato.



(We) Dr. Frank and Rosalie want to thank our church family and friends for the continued prayers concerning our recovery, the many phone calls, and recent birthday cards we have received. We praise our heavenly Father for His amazing healing touch in our lives thus far, and thank Him for all the trials that come our way and the precious lessons to be learned during our "down time".

We look forward to attending our Grants Pass church again for Sabbath worship and fellowship; in the meantime, we appreciate the blessings of "live streaming" and your prayers for our continued healing. ***The Hurds***

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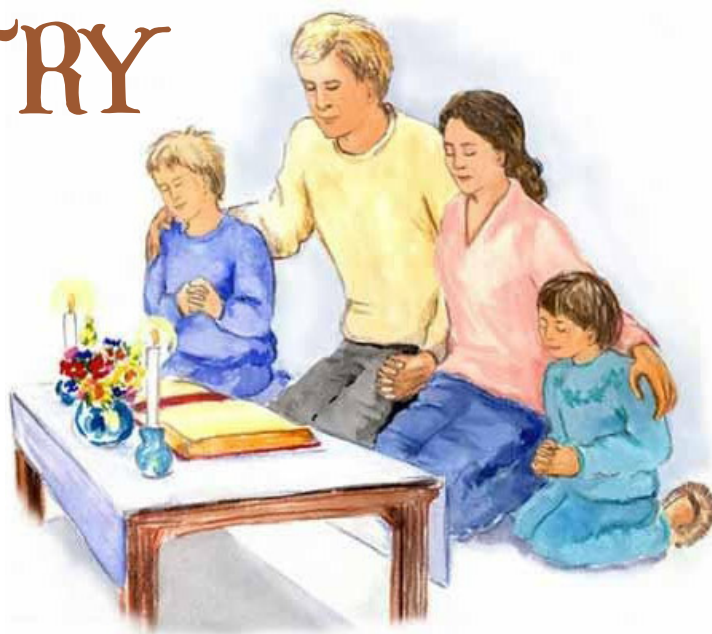
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PRAYER MINISTRY

OUR DUTY AT THIS TIME

Our world has changed with lightening speed since March 2020. As those who are avid students of the Bible and especially Prophecy, we see the loss of freedom and the tracking of individuals under the guise of health protection as the setting up of a structure to fulfill the prophecies foretold in Revelation 13. Many countries are considering the implementation of covid passports and Israel already has one. What are we to do in light of these drastic events taking place all around us? In this perilous time, should the Church just sit and wait for Christ to return, or are we called to take drastic action of some kind? I want to share a quote from Ellen White which was published in the *Review and Herald Extra*, December 11, 1888. *"It is our duty to do all in our power to avert the threatened danger... A vast responsibility is devolving upon men and women of prayer throughout the land to petition that God may sweep back this cloud of evil and give a few more years of grace to work for the Master."*



And another quote from 5T 714 *"We are not doing the will of God if we sit in quietude, doing nothing to preserve liberty of conscience. Fervent, effectual prayer should be ascending to heaven that this calamity may be deferred until we can accomplish the work which has so long been neglected. Let there be most earnest prayer and then let us work in harmony with our prayers."* Will

God give us more time even though our society seems to have pushed Him out of everything and our country has become like Sodom and Gomorrah? I do not have the answer to that question, but remember there were two sieges on Jerusalem. Could this be our first siege? Only God knows. What I am asking you to do is awaken to the threatened danger and plead with God through prayer and fasting for more time to reach the lost. Call your friends, pray on the phone, join Praise, Prayer and Promises on Monday nights. Any way you can, just pray! Times are perilous people! Whether He will turn from His judgments and give us more time is up to Him. But the counsel is that "it is a part of God's plan to grant us, in answer to the prayer of faith, that which He would not bestow did we not thus ask." GC 525 May we pray in faith and trust in His promises, as we move forward to complete the Master's work. And God will be with us.

~Donna Griffith, Prayer Ministry



KIDS CORNER

God has given us eight natural remedies to keep us healthy. Fill in the crossword puzzle with their

names. One of them is done for you because it is such a big word. It means "temperance", which is saying "no" to things that are harmful.

When you finish the crossword puzzle, see if you can find a picture for each of the eight remedies somewhere else in this newsletter.

ACROSS

- 1) Most important of all
- 3) How we eat
- 4) What we should breathe

DOWN

- 5) Best thing to drink
- 6) What our bodies need during the night
- 7) What our muscles need to stay strong
- 8) Something we get when we are outdoors

(look for the answers on page 5)



OSTEOPOROSIS

A 1995 study of 1,000 women and 700 men published in the American Journal of Epidemiology found that walking protects the bone density of the hips. Like many other studies on the subject, it also concluded that lifelong exercise, including walking, has a protective effect on the bone mass density of the spine.

MENTAL ACUITY

A 1999 study published in the journal Nature found that walking delivered a beneficial added dose of oxygen to the frontal regions of the brain in people over 60, triggering faster reaction times and improvement at doing a repetitive task. Benefits were seen regardless of whether the participants had been physically active earlier in their lives.

CHOLESTEROL

A study published a while back in the Journals of Gerontology showed that women aged 70 to 87 who walked three days a week for 10 weeks significantly increased high-density lipoprotein (HDL) cholesterol (considered "good" cholesterol) and decreased triglyceride levels. Other studies have shown that moderate exercise decreases low-density lipoprotein cholesterol (LDL, or "bad" cholesterol).



ABSTEMIOUSNESS



MRS. WHITE IN 1901: DANGER OF SECONDHAND SMOKE.

"Oh, how I wish they knew what harm they are doing to themselves by using tobacco, while at the same time they poison the Lord's free atmosphere, so that others are injured." (MS 43a 1901)

SCIENCE IN 2005:

Secondhand smoke has been classified by the Environmental Protection Agency (EPA) as a known cause of cancer in humans (Group A carcinogen).

MRS. WHITE IN 1884: NO HEAVY SUPPERS

"It is quite a common custom with people of the world to eat three times a day, beside eating at irregular intervals between meals; the last meal is generally the most hearty, and is often taken just before retiring. This is reversing the natural order; a hearty meal should never be taken so late in the day."

(RH 7/29/1884)

SCIENCE IN 1985:

Meals late in the day are more fattening than equivalent meal eaten earlier in the day. One study documented weight loss in all of nearly 600 patients who ate their last meal no later than 3:00 PM

(Jour. of the Louisiana state Med. Soc. 1985;137(6) :35-38)

MRS. WHITE IN 1870: DISEASE FROM MEAT EATING

"The animal creation is diseased. Flesh meats are diseased." (CDF 330) (1870

2T 368, 369) "If the Lord had not furnished all that is essential in the vegetable world, there would be an excuse for meat eating, but animals are now so diseased that it is now really dangerous; it is unclean to eat meat." (Kress Collection p 21 From Ltr from Australia of 1898)

SCIENCE IN 1993:

"There is now an overwhelming scientific and medical case for avoiding the consumption of meat and meat products" Richard Lacey, prominent microbiologist and BSE researcher. (The Vegetarian, UK publication, 1993)

MRS. WHITE 1896: CANCER

"Cancers, tumors, and all inflammatory diseases are largely caused by meat eating... From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh.

(Ltr 72 1896/CDF 388)

SCIENCE CIRCA 2000

"In my view, no chemical carcinogen is nearly so important in causing human cancer as animal protein."

(T. Colin Campbell, Ph.D. Director, the China Health Project and Professor Emeritus of Nutritional Biochemistry at Cornell University)

MRS. WHITE IN 1869: HEART DISEASE

"The eating of flesh meats has made a poor quality of blood and flesh. Your

(continued on page 5)



EXERCISE

PROPER DIET



(Our Health Message, cont. from page 4)
systems are in a state of inflammation, prepared to take on disease... There will come a time when the strength and health you have flattered yourself you possessed will prove to be a weakness.”
(2T p. 61)

SCIENCE 2008:

“Taken together, our data indicate that chronic inflammation results from interaction of Neu5Gc accumulated in our bodies from eating red meat.”
(Univ. Calif., San Diego School of Medicine)

Our recent work has shown that a high-fat high-cholesterol (HFHC) meal induces oxidative and inflammatory stress.
(Diabetes Care 33:991-997, 2010)

“In love and pity to the race, He causes the light to shine upon health reform.”
CDF p. 69

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.” Romans 12:1



The writings of Ellen White contain a treasure house of scientific insights, and leading researchers are discovering it.

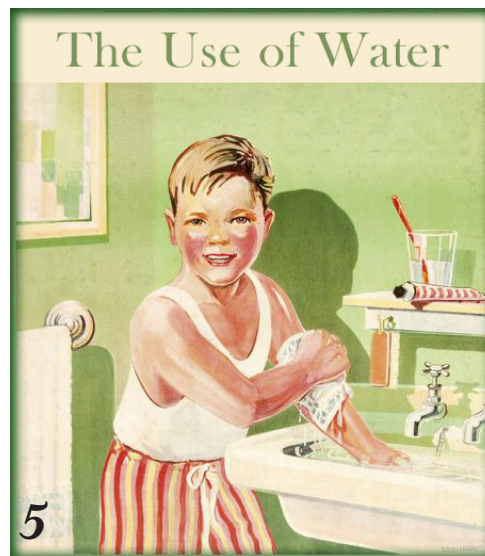
This includes the fields of health, nutrition, medicine, narcotics, hypnosis, physiology, plant science and geology.

The late Clive McCay, Ph.D., professor of nutrition at Cornell University in Ithaca, New York, discovered her health writings quite by accident, and was astounded by them.

Here is one of his statements:

In 1915, at the ripe age of 88, died one of the most remarkable women that America has produced. Her name was Ellen G. White. Although she had only a few months of formal schooling when a child, her list of books even today numbers about 60. Some of these are books about her or compilations from her lectures. . . The writings of Ellen G. White...provide a guide to nutrition that comprehends the whole body. Much of this wisdom of the past is not understood today. Ellen White died before modern biochemistry... and the composition of foods [was understood] —but if people followed her plan even today they would be far better fed than they are in their attempts to eat bad diets and then compensate by miracle foods.

“PURE AIR, SUNLIGHT, ABSTEMIOUSNESS, REST, EXERCISE, PROPER DIET, THE USE OF WATER, TRUST IN DIVINE POWER—THESE ARE THE TRUE REMEDIES.” CG 366



Trust in Divine Power



She advocated simple, natural diets, low in fat, low in salt, well-prepared and modest in amount. Gradually she became a vegetarian, [and] taught the importance of good food for health and the essentiality of a healthy body if we are to have a good soul.

(Clive M. McCay, in a lecture before a large assembly in Memphis, Tennessee, March 1958.

Clive McCay was not particularly religious as far as we know, nor a member of any church body but he was an expert in his field and, as such, was fascinated to know how Ellen White had acquired such advanced nutritional knowledge which others in her time generally lacked.

“We stayed overnight at Dr. McCay’s home... We soon discovered to our delight that though he was a specialist in the field of nutrition, his active interest and reading extended over a remarkable range. More than once during the evening he returned to the question: ‘How do you explain the fact that Mrs. White, with very little formal education and no special training in nutrition, so accurately set forth nutrition principles that are only now scientifically established?’ He ruled out as wholly unsatisfactory the answer sometimes casually given: ‘Mrs. White simply borrowed her ideas from others.’ He observed that such an answer simply raises another question: ‘How would Mrs. White know which ideas to borrow and which to reject out of the bewildering array of theories and health teachings current in the nineteenth century?’

Dr. McCay did not attempt to answer such questions. As a scientist, he was
(continued on page 10)

E. C. WHITE INSTRUCTED IN PLANTING FRUIT TREES

While we were in Australia, we adopted the...plan...of digging deep trenches and filling them in with dressing that would create good soil. This we did in the cultivation of tomatoes, oranges, lemons, peaches, and grapes. {3SM 328.1}

The man of whom we purchased our peach trees told me that he would be pleased to have me observe the way they were planted. I then asked him to let me show him how it had been represented in the night season that they should be planted. I ordered my hired man to dig a deep cavity in the ground, then put in rich dirt, then stones, then rich dirt. After this he put in layers of earth and dressing

until the hole was filled. I told the nurseryman that I had planted in this way in the rocky soil in America. I invited him to visit me when these fruits should be ripe. He said to me, "You need no lesson from me to teach you how to plant the trees." {3SM 328.2}

Our crops were very successful. The peaches were the most beautiful in coloring, and the most delicious in flavor of any that I had tasted. We grew the large yellow

Crawford and other varieties, grapes, apricots, nectarines, and plums.-- Letter 350, 1907 {3SM 328.3}



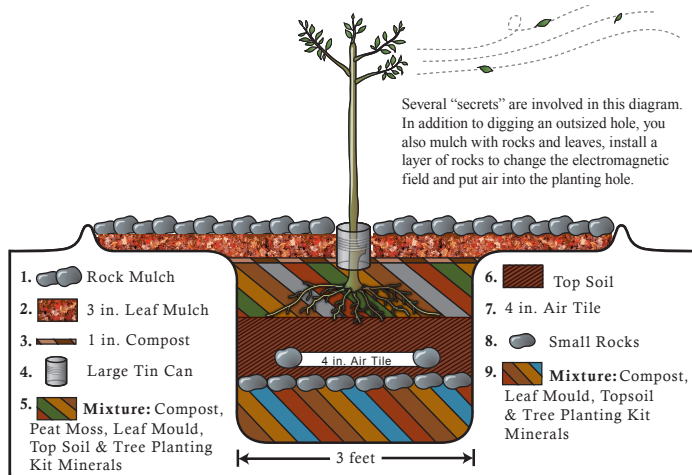
HOW TO DO IT



When organic expert Herbert Clarence White of Paradise, California, plants a tree, he doesn't even glance at the little instruction sheet that the nursery sent with the stock. He proceeds to plant the tree using an unusual method handed down to him by his grandmother years ago. Grandma White's method has worked so well for Herbert over the years that he has used it to plant hundreds—possibly even thousands—of trees. He has seen fruit trees planted by Grandma White's method show 3 or 4 feet of new growth in a year, and start bearing crops in only a couple of seasons. His method requires a lot of work and a lot of raw material in the form of compost, peat and topsoil, but he claims (and others have observed) that the results amply justify the investment in time and material.

You start out by digging a hole 3 feet wide and 3 feet deep in which to plant your young fruit tree. Separate the topsoil from the subsoil that is dug from the planting hole. In the bottom of the hole place a couple pieces of 4-inch drain tile and plug up the ends with stones. Fill up the bottom foot of the hole with a mixture of equal parts of topsoil, peat moss and finished compost, plus about 5 pounds of phosphate rock or colloidal phosphate. On top of that mixture place a layer of small rocks. The next one-foot layer consists of pure topsoil.

Now put into the hole a large stone. Spread the roots of the tree over that stone, then fill the rest of the hole with the compost-topsoil-peat-phosphate-rock mixture. As mulch over the planting, place one inch of compost, 3 inches of leaves, plus a layer of stones if desired. White also advises putting 250 to 2500 earthworms in the top compost layer, and adds this postscript to the description of his method: "Does all this sound too weird and grotesque? Too utterly fantastic? If so, far be it from me to try and convince you. But if you are just a wee bit interested in watching a miracle, just try it out on one little tree—following the planting plan as indicated in the diagram carefully—and it will be hard for you to believe your own eyes when that baby tree starts growing."



TURN YOUR YARD INTO A VEGETABLE GARDEN



CEDAR



TRELLIS



METAL



STOCK TANKS



CEMENT BLOCKS



Raised beds can be made of cedar, corrugated metal, or cement blocks. Some people use vinyl tubs or milk crates. Whatever material you use, make sure to orient the boxes so that they get good southern exposure and a lot of sun.

Plan for irrigation. Drip irrigation works well.

Leave enough room around each box so that you have space to work around each box to weed and harvest.

Invest in good soil. It should be a nice mix for plant nutrition, water retention, and good drainage.

Mulch around the new plants to help retain moisture.

Choose heirloom seeds that you can save and preserve for next year's use.

~Melissa Derfler



WHAT IS THE SEAL OF GOD?

The sealing is mentioned in Revelation 7:1-3:

"After these things I saw four angels standing at the four corners of the earth, holding the four winds of the earth, that the wind should not blow on the earth, on the sea, or on any tree. (2) Then I saw another angel ascending from the east, having the seal of the living God. And he cried with a loud voice to the four angels to whom it was granted to harm the earth and the sea, (3) saying, 'Do not harm the earth, the sea, or the trees till we have sealed the servants of our God on their foreheads.'" Revelation 7:1-3

In vision, the apostle John sees the elements of nature—political strife, earthquakes, tempests—being held back by four angels. These winds of strife are not released until God gives the word, after His servants are sealed in their foreheads. The mighty angel coming from the east has the seal of the living God, the One alone who can give eternal life and immortality.

Will this seal be placed upon any whose hearts are not pure?

"Blessed are the pure in heart, for they shall see God." Matthew 5:8

Those who are preparing to meet Jesus and see Him face to face are purifying their hearts now—through the power of Christ overcoming the world, the flesh, and the devil. They are letting go of anything and everything that might stand in the way of full commitment to Jesus.

How does the work of purification take place?

"Since you have purified your souls in obeying the truth through the Spirit..." 1 Peter 1:22

According to the Bible, we are purified by obeying the truth.

What is truth?

"Sanctify them by Your word. Your word is truth." John 17:17

The Word of God is truth. As we prayerfully study and choose to obey it, God changes us. We are sanctified: made holy.

Did Jesus come to save us in our sins or from our sins?

"And she will bring forth a Son, and you shall call His name Jesus, for He will save His people from their sins." Matthew 1:21

Jesus came not to save us in our sins, but FROM them. He came to give us victory over sin, over Satan, and over the world.

What has God promised to put in our minds?

"This is the covenant that I will make with them after those days, says the Lord: I will put My laws into their hearts, and in their minds I will write them..." Hebrews 10:16

When God writes His law on our hearts and minds, it changes us. Our desires are different. We WANT to obey God. We find JOY in pleasing Him. Sin becomes more and more disgusting to us. God's followers will not try to



excuse sin. It pains them to see God dishonored. The torrent of prevailing wickedness fills them with grief and alarm. They can't remain silent when confronted with evil.

What does this have to do with the sealing?

"And the Lord said to him, 'Go through the midst of the city through the midst of Jerusalem, and put a mark on the foreheads of the men who sigh and cry over all the abominations that are done within it.' (5) To the others He said in my hearing, 'Go after him through the city and kill; do not let your eye spare, nor have any pity. (6) Utterly slay old and young men, maidens and little children and women; but do not come near anyone on whom is the mark; and begin at My sanctuary. So they began with the elders who were before the temple.'" Ezekiel 9:4-6

Those who mourn over their own sins and the sins of others, who are not indifferent to the pain sin causes, are the ones who are marked by God. Their love for others leads them to warn and reprove those who do not believe—those who think God is too merciful to bring judgment on the disobedient.

Jesus' work in the Heavenly Sanctuary is almost finished. Soon the wrath of God and the seven last plagues will be poured out on those who have exceeded the limits of grace and mercy and have not responded to the warnings and light God has given them.

How were the Israelites marked for protection when the plagues fell on Egypt?

"For the Lord will pass through to strike the Egyptians: and when He sees the blood on the lintel and on the two doorposts, the Lord will pass over the door and not allow the destroyer to come into your house to strike you." Exodus 12:23



They were saved by the blood. The destroying angel passed over every house that was marked in this way. If they neglected to carry out the instructions completely—if they prepared the Passover lamb but didn't separate their children from the Egyptians, gather within their own dwellings, mark the doorposts with blood, stay inside their home that night—they would not have been secure. They might have *believed* they had done everything right, but sincerity was not enough to save them.

In the same way, we are saved by *faith*, not by *works*; yet our faith is demonstrated by our works. Like the Israelites, we must believe and obey God's requirements for our salvation.

Will God's end-time followers show their allegiance to Him by keeping His ten commandments?

"If you love Me, keep My commandments." John 14:15

"Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus." Revelation 14:12

There are two marks of allegiance in the last days—the mark of the beast and the Seal of God. Those who receive the Seal of God have rejected the mark of the beast—the false sabbath. They are commandment keepers, keeping—through the power of God—all the commandments, including the fourth.

What is the fourth commandment?

"Remember the Sabbath day, to keep it holy. (9) Six days you shall labor and do all your work, (10) but the seventh day is the Sabbath of the Lord your God. In it, you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. (11) For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it." Exodus 20:8-11

The fourth commandment is the seal, or mark, of God's authority. It contains the essential elements of an official seal: His name—the Lord; His title—Maker, Creator; and His kingdom—Heaven and Earth. The fourth commandment is the only one that identifies God as the Creator,

proving all rivals to be false gods!

What is the Sabbath a sign of?

"Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the Lord who sanctifies them." Ezekiel 20:12

Resting on the Sabbath is how we worship our Lord, the Creator of Heaven and Earth. It shows that we believe He is not only able, but in the process of, **re-creating us**—*sanctifying* us, making us *holy*, fit for heaven. It shows that we do not trust in our own works, but in **His** work, both on the cross and in our hearts. It is a sign of allegiance to God and His law. As disrespect for God's law becomes more prevalent, those who serve God will stand out as distinct from the world.

What is their special work?

"...you shall be called the Repairer of the breach...if you...call the Sabbath a delight, the holy day of the Lord... Isaiah 58:12,13

When the Sabbath was changed by the papal power, the **seal** was taken from the law. **(see study on **How to Avoid the Mark of the Beast**).* God's people are called to restore the seal by elevating the Sabbath of the fourth commandment to its rightful position, as the Creator's memorial and sign of His authority. The breach made in the law of God is to be repaired.

What solemn pronouncement will Jesus make when the sealing is finished?

"He who is unjust, let him be unjust still; he who is filthy, let him be filthy still; he who is righteous, let him be righteous still; he who is holy, let him be holy still. (12) And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work." Revelation 22:11,12

When Jesus finishes His work in the heavenly sanctuary, everyone will have made their final decisions. There is no turning back, no flipping from one side to the other. Probation has closed. God's people are sealed.

Those who have not chosen to follow God have received the mark of the beast. Satan's power is fully unleashed. The seven last plagues fall on the earth, and it is plunged into one great, final trouble.

How will those who are sealed be protected during this time?

"Because you have made the Lord, who is my refuge, even the Most High, your dwelling place, (10) no evil shall befall you, nor shall any plague come near your dwelling; (11) For He shall give His angels charge over you, to keep you in all your ways... (15) He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him." Psalm 91:9-11,15

The wicked will declare that the calamities falling on the world are the result of desecrating the first day of the week. They will finally pronounce a death decree on all who are faithful to God's commandments. There will be *"a time of trouble, such as never was... and at that time Your people shall be delivered, every one who is found written in the book."* Daniel 12:1

What should we be doing now to prepare for what is coming?

"...live...by every word that proceeds from the mouth of God." Matthew 4:4

Now is the time to fill our whole mind with the word of God, to pray like never before, to exercise faith in God. He alone can get us through the times ahead. He is coming soon!

Condensed from the **Presentation Notes** for **What is the Seal of God?**

*Download this study and more at:
www.2ndadventrevivalministry.com/powerpoint.html ~Melissa Derfler



(Our Health Message, continued from page 5)

interested in the phenomenon of her singular knowledge in advance of scientific discovery and experiment. (Explanatory Note to a series of three articles by C. M. McCay in Review and Herald, February 12,19,26, 1959.)

To sum up the discussion: Every modern specialist in nutrition whose life is dedicated to human welfare must be impressed in four respects by the writings and leadership of Ellen G. White:

"In the first place, her basic concepts about the relation between diet and health have been verified to an unusual degree by scientific advances of the past decades. Someone may attempt to explain this remarkable fact by saying: 'Mrs. White simply borrowed her ideas from others.' But how would she know which ideas to borrow and which to reject out of the bewildering array of theories and health teachings current in the nineteenth century? She would have had to be a most amazing person, with knowledge beyond her times, in order to do this successfully!

In the second place, everyone who attempts to teach nutrition can hardly conceive of a leadership such as that of Mrs. White that was able to induce a substantial number of people to improve their diets.

In the third place, one can only speculate about the large number of sufferers during the past century who could have had improved health if they had accepted the teachings of Mrs. White.

Finally, one can wonder how to make her teachings more widely known in order to benefit the overcrowded earth that seems inevitable tomorrow with the present rate of increase of the world's population.

In spite of the fact that the works of Mrs. White were written long before the advent of modern scientific nutrition, no better over-all guide is available today. (Clive M. McCay, in Review and Herald, Feb. 26, 1969) - John Mauro

Thoughts & Prayers

(Please contact Sandy Page, head of visitation, for Prayer Partners & additions to this column)

Ron Beasley
Cathy Bell
Joyce Casper
Bonnie Day
Artur & Tulia De
Carvalho
Connie Frye
Dennis Gallegos
Ingrid Gruenheid
Betty Hamblin
David Hamblin
Harry Hansen
Butch & Pam Helwig
Fran Holder
Dr. Frank &
Rosalie Hurd
Sharon Karen
Steve King
Jerry & Zola Lewis
Darlene Loewen
Henry Martin

Cathy McGinnis
Shirley
Napoleto
Chuck Painter
Jessica Rae
Beth Ringer
Dory Robinson
Israel Rush
Lance Schmidt
Rhonda Scott
Mel Smith
Yvonne Tooley
BLBN
Lenore Stevens'
family
Our school
The home-bound
Those in nursing
homes
VETS

LOOK WHO TURNED ONE!



Unbelievably, it was only about a year ago that we celebrated the births of **George** (left) to Kim and Eric Wagner in March, and **Jordan** (right) to Niki and Cody Nelson in April. These handsome boys ensure that there's never a dull moment in the Nelson and Wagner homes! Their sweet smiles and delightful adventures are totally endearing! They're going to be walking sooner than later. Love these little guys!

(*Angels in Horsehair*, cont. from page 12)

For long moments the pony stayed that way, encircling Adam's tiny body with his neck. He couldn't move anything except his eyes. They rolled back to look at me. I could clearly see that Adam was afraid.

What was Hobbs doing? I could think of only one thing to say. The words all came out in a rush. "Oh, my word! I think that this pony is giving you a hug!"

Adam's huge, startled eyes moved in pinball fashion as he tried to process what was happening.

"I have never seen him do that to anyone else," I added. "You must be very special."

Adam's face began to relax with my reassurance. He appeared to accept what I'd said. Slowly he wriggled his right arm out and began to hug the pony back. For a brief moment, this battered child was allowed to be nothing more than a little boy who was loved by a pony. Adam's head slowly dropped until it rested against Hobbs's neck. Like a whispered prayer, more to himself than to anyone else, he began saying over and over, "He likes me...he likes me...he likes me."

It was several minutes before Hobbs relaxed his grip on the child. Adam, seemingly so overwhelmed that anything on this earth would choose to love him, clung tightly to the pony with both arms, pressing his face into Hobbs's golden body.

Moments passed and the boy's hug melted into long strokes on both sides of the pony's neck. The stony tomb that had once imprisoned Adam's heart began to crumble under newfound love. Finally, he looked up and smiled. It was a radiant, jagged grin, so dazzling it was like trying to look at the sun. With his arms still around the pony, he turned and looked up at me. "He likes me!" he said again. But this time he said it out loud, with a convincing sparkle in his eyes.

I glanced toward heaven with a wink and a smile and whispered, "Thank You."

From "Hope Rising" by Kim Meeder
I'll wait a second while you dry your eyes. God is willing to love you too. And He wants to pass on that love to those who are hurting through you. Are you praying? Are you asking God to use you?

~Pastor Charles Byrd

TRIBUTE TO BILL PETERSON



William D. Peterson, 94, of Sunny Valley, Oregon, passed November 10, 2020, to his rest, waiting until the second coming of the Lord. He was born in Omaha, Nebraska, on April 9, 1926. He started school when he was 5 years old, walking about one mile with his older sister Betty Peterson Leitch. He and his family moved to California in 1937 with all of their possessions in a 1921 Cadillac, to live for a short time with his Uncle Ralph Eastman and family on an Apple Orchard in Julian, California.

They moved to National City (San Diego area) in 1938, where his mother got a job at Paradise Valley Hospital. Bill started working there, on the grounds, when he was 14. One of the requirements to work there was that you had to play an instrument in their band. Bill played the trombone.

One of his unique jobs was dismantling wrecked cars his dad

would buy for \$2.00. He would sell the parts for \$20.00. He also helped his dad with his moving business, using a converted pickup to a moving van.

Bill worked in about every department in the hospital, including the pharmacy.

In 1948, he married Delores Mayer who was an RN at the hospital. In 1952, he completed his Pharmacy degree at OSU in Corvallis, Oregon, and began working at PVH as Director of Pharmacy, after passing boards in

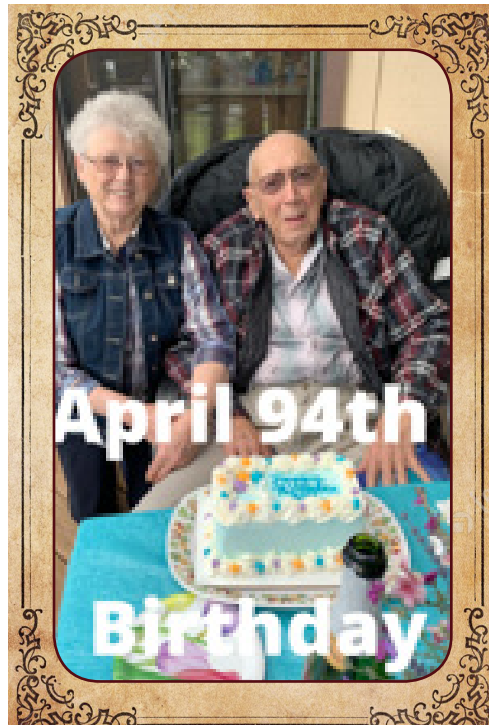


wrecked cars. He only had one new car he bought in 1965, before he married Joan. He was always surprising Joan with a new wrecked gift.

Bill enjoyed camping and visiting many states including Alaska. In 1975, Sunny Valley Ranch was purchased, so he attended Grants Pass church many times before moving in 1989. He was a member of Paradise Valley Church for 50 years and was on their building committee. Bill was a member of Grants Pass SDA church for 31 years. His favorite job was greeting at the front doors. He helped with building the SDA school on Heidi Lane, and went on many Maranatha trips to help Camp Mivoden in Idaho and Big Lake Youth Camp.

He returned to San Diego each year for thirty years, to meet with his former employees for a dinner.

Bill is survived by Joan, sons Doug and Dan and their wives and family, plus five grandchildren and six great-grandchildren and a host of friends. He is resting till the return of Jesus.



Oregon and California. His first son, Doug, was born in August and second son, Dan, two years later. Delores was killed in an auto accident in 1964.

He married Joan in 1965. She was also an RN working at Paradise Valley Hospital. He enjoyed helping workers buy tires, cars, and appliances and would get them "good deals". He planned the pharmacy in the new hospital, which opened in 1966/67, and remodeled it twice before retiring in 1988. He also painted most of the vehicles white for the hospital.

11 His hobby was rebuilding



Pastor's Page



ANGELS IN HORSEHAIR

We're told in Psalm 34:18 (NAS), The Lord is near to the broken hearted, and saves those who are crushed in spirit. He did for Adam. Get out a tissue and enjoy this touching story.

Adam was so small for his age. It was the first thing I noticed when his caseworker introduced us. His eyes, shadowed with sadness, were too large for his little face. He was drawn into himself, as if he were trying to fit his diminutive frame into an even smaller space. It was clear that this child had known more terror in his handful of years than most knew in a lifetime.

The pair had traveled to the ranch unannounced with the hope of simply petting the soft muzzles of my "angels in horsehair." Even though the ranch was alive with children, Adam stood apart, completely alone—a tiny brown-eyed lamb lost in his own skin.

I smiled at him. He immediately looked to the ground in retreat. My heart staggered

under the weight of his loneliness. I prayed that God would meet this child in this place in a special way.

I knelt down and quietly tried to engage Adam in a simple conversation. I asked him if he had ever ridden a horse before. He stared at the ground, somber as an ancient sage, and silently shook his head. "Would you like to?" I asked. His little head snapped up, and he looked me directly in the eyes with more than a little disbelief. I smiled into his questioning face. "We have a pony for you," I told him. "A very special pony who would very much like to meet you."

"Really?" he asked, with more emotion than I'm sure anyone had seen in a while. He looked at his caseworker and then back at me. I told him where the halters were and pointed back behind the arena to where the golden pony, Hobbs, lived. Adam flashed us a little grin and took off at a run.

From a distance, in that moment he must have looked like every other child at the ranch. But from my view, I was horrified! His grin revealed a mouth full of broken teeth. He ran on ahead of us. I could feel

my neck prickle before I turned to his counselor and quietly asked, "Is that what I think it is?"

It took her a long moment to answer. When she did, her voice was choked by the grip of anger and compassion. "It's so much worse than you could imagine," she finally stated. "A father is supposed to love, cherish, and protect his son. Not only has Adam's 'dad' broken most of his son's teeth with his fists, but before he went to prison, he would get drunk and make his son run around the yard while he shot at him with a rifle!"

We walked on in silence. Both us of us watched Adam enter the pony's paddock and begin stroking his face. "It's a miracle he's still alive," she finally said.

Together, Adam and I led the pony back to the hitching post and went through the grooming and tacking process. Often I placed my hands over his to guide them. I held Hobbs's hooves and Adam cleaned them. I lifted the saddle into place, and he cinched up the girth. Then it was time to put on the bridle. I showed the little boy where his hands and fingers should be, how to hold his arms, and where he should stand. Then I placed his hands so that they gripped the bridle in the right way, and gently moved him toward the pony's left shoulder. It was up to him now. Silently I stepped back and watched.

Adam stood quietly for a moment, as if taking in all that he had just learned. And suddenly, Hobbs did something I have never seen any horse do before or since. As the child stood by the pony's shoulder, Hobbs reached around with his head and neck and pressed Adam into his body. The pony held him so tightly in the curve of his neck that he could not raise his arms.

(continued on page 10)





2021



Happy Birthday

ARMELLE SETTERS	01	JENNIFER D'AMBROSIO	03
ELAINE DUNHAM	01	ROBERTA INGRAM	03
ISRAEL RUSH	01	STEVE DOBBS	03
WANDA RATTRAY	01	NELSON CURTICE	04
ALTA AUSTIN	02	ALESHA ROSE	05
MICHELLE BUSHNELL	02	BERT BEECHER	10
DONALD BEAUDIN	03	BRITTANY STEAHLY	10
		DENNIS INGRAM	10
		FRAN HOLDER	10
		GLADYS HACKMANN	10
		RENEE CLARK	10
		CINDY DOYLE	11
		JENNY HAMBLIN	12
		MICHELLE SIMMONS	12
		IVAN CLARK	13
		RON DAVIS	13
		ROSIE ANN ELDER	13
		STAN BISHOP	14
		CAREN CASHATT	15
		ROGER HALLMARK	15
		RICHARD RASMUSSEN	16
		SHAWN GERBER	16
		IONELA BLURTON	19
		LEAH CLIFFORD	19
		STACIA DE LA TORRE	19
		VIOLA INGRAM	20
		MARILYN HARRIS	21
		WENDY DONATO	21
		BRANDON CURRIER	22
		ROCKY VAZQUEZ	22
		DARLENE LOEWEN	23
		DAVID HADDAD	23
		GARY MC GINNIS	23
		JEREMY HADDAD	23
		JOHN DALE	24
		DONNA GRIFFITH	25
		PHIL ZURMUHLEN	26
		RUTH HAMBLIN	27
		ALLEN FOSTER	28
		HOLLY BRASWELL	28
		YVONNE TOOLEY	28
		IDA ZURMUHLEN	29
		JON ERMISHAR	29
		KII MORSE	29
		NEILA MOORE	31

SUNDAY

MONDAY








TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SABBATH

 <p><i>"Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will." Matthew 10:29 NKJV</i></p>				<p>1 9:00 am Church - 1st Service 9:15 am Donna Griffith's Sab Sch Class - Zoom 10:15 am SS Classes 11:30 am Church - 2nd Service</p>	
2	3 9:30 am-1:30 pm Thrift Store 5:30-7:00 pm Path. (BLC) 7:00 pm Praise, Prayer, and Promises	4 7:00 am FIRST LIGHT (Zoom) 9:00 am-1:30 pm Dorcas 9:30 am-1:30 pm Thrift Store 12-4:00 pm Veggie Food Store 2:00 pm Women's Study (MP Rm) 4:00 pm Romans Study (MP Rm)	5 5:30 Baby Shower for Crystal Davila (BLC) 7:00 pm Prayer Meeting (via ZOOM)	6 7:00 am FIRST LIGHT (Zoom) 9:30 am-1:30 pm Thrift Store 3-6:00 pm Veggie Food Store 7:00 pm 3 Angels' Messages	7 Sunset 8:12 pm 
9	10 9:30 am-1:30 pm Thrift Store 5:30-7:00 pm Pathfinders (BLC) 7:00 pm Praise, Prayer, and Promises	11 7:00 am FIRST LIGHT (Zoom) 9:00 am-1:30 pm Dorcas 9:30 am-1:30 pm Thrift Store 12-4:00 pm Veggie Food Store 2:00 pm Women's Study (MP Rm) 4:00 pm Romans Study (MP Rm) 6:30 pm Elders' Board (Zoom)	12 7:00 pm Prayer Meeting (via ZOOM)	13 7:00 am FIRST LIGHT (Zoom) 9:30 am-1:30 pm Thrift Store 3-6:00 pm Veggie Food Store 7:00 pm 3 Angels' Messages	14 Sunset 8:20 pm 
16	17 9:30 am-1:30 pm Thrift Store 5:30-7:00 pm Pathfinders (BLC) 7:00 pm Praise, Prayer, and Promises	18 7:00 am FIRST LIGHT 9am-1:30 pm Dorcas 9:30 am-1:30 pm Thrift Store 12-4:00 pm Veggie Food Store 2:00 pm Women's Study (MP Rm) 4:00 pm Romans Study (MP Rm) 6:00 pm Finance Board (Zoom) 7:00 pm Church Board (Zoom)	19 11:30 am Red Cross Blood Drive 7:00 pm Prayer Meeting (via ZOOM)	20 7:00 am FIRST LIGHT (Zoom) 9:30 am-1:30 pm Thrift Store 3-6:00 pm Veggie Food Store 7:00 pm 3 Angels' Messages	21 Sunset 8:27 pm 
23	24 9:30 am-1:30 pm Thrift Store 5:30-7:00 pm Pathfinders (BLC) 7:00 pm Praise, Prayer, and Promises	25 7:00 am FIRST LIGHT (Zoom) 9:00 am-1:30 pm Dorcas 9:30 am-1:30 pm Thrift Store 12-4:00 pm Veggie Food Store 2:00 pm Women's Study (MP Rm) 4:00 pm Romans Study (MP Rm)	26 7:00 pm Prayer Meeting (via ZOOM)	27 7:00 am FIRST LIGHT (Zoom) 9:30 am-1:30 pm Thrift Store 3-6:00 pm Veggie Food Store 7:00 pm 3 Angels' Messages	28 Sunset 8:34 pm 
30	31 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises	 <p>Events may have been changed or added; please check: https://www.grantspasschurch.com/calendar/and-ANNOUNCEMENT-PAGE</p>			