

Pastor Tanner & Stephanie Martin Move to New District

In 2018, Pastor Tanner Martin reflected on his first weeks with the Grants Pass Seventh-day Adventist Church. "Handling change requires humility. Only depending on God can give us that." As Associate Pastor, he helped lead church members in Grants Pass and Cave Junction through numerous changes. He said, at the time, "I've learned that 'real church' is very different from what you would read in a handbook. God is leading, and I'm excited!"

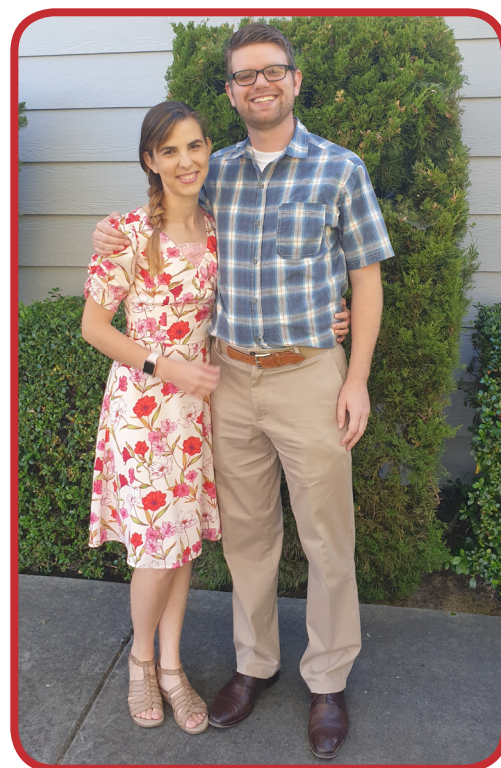
On June 6, a fond "farewell" was held for Pastor Martin and his wife, Stephanie. Supporters gathered outside on a mild spring afternoon to extend their appreciation. The Grants Pass Seventh-day Adventist School

provided space for the group to gather and share well-wishes. It was here where Pastor Martin provided stories and spiritual guidance to children at Vacation Bible School that first year of ministry.

The Martins continue to allow God to lead. They have answered a call to minister with the Shady Point and Central Point Adventist Churches as of June 1. In addition, Stephanie has also accepted a teaching position with Logos Charter School in Medford. She expressed excitement at working with the students. She shares her husband's desire to connect, guide, and encourage others.

With moving, pastoral duties, and adjusting to these changes, there has not been a moment to reflect. Despite this, God's work continues uninterrupted with energy, humility, and deep love. The outside gathering at the school was to say, "See you later," rather than "goodbye."

~Jennifer Burkes



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HEALTH CORNER

When to Eat



About 3000 years ago, the inspired writings noted that blessings come when leaders eat in due season.

"Blessed [art] thou, O land, when thy king [is] the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!" Eccl. 10:17

Over 130 years ago, inspiration noted that eating at proper times enhanced health and well being. *"Regularity in eating is very important for health of body and serenity of mind"*. Counsels on Health p. 118 (1890)

Needless to say, it has been a great blessing to those who, by faith, followed these inspired instructions; it should be no surprise to the faithful, that now science is confirming the wisdom of this advice.

To understand why the time of day one eats is important, we have to understand the body's circadian rhythms. Circadian rhythms are 24-hour cycles that are part of the body's internal clock, regulating essential functions and processes at specific times in a 24-hour cycle. This master clock is directly influenced by environmental cues, especially light, which is why circadian rhythms are tied to the cycle of day and night.

Recent scientific studies have shown that disruption in the body's circadian rhythm can affect the body metabolism, leading not only to obesity, but can also to an increased risk of diabetes and heart disease.

A number of studies in both mice and men have found a variety of links between the operation of the body's biological clock and various aspects of its metabolism. It was generally assumed that these variations were caused in response to insulin, which is one of the most potent metabolic hormones. However, no one had actually determined that insulin

action follows a 24-hour cycle or what happens when the body's circadian clock is disrupted.

A study published Feb. 21, 2013, in the journal *Current Biology*, was the first to show a definite link between the time of day and insulin sensitivity. The research was conducted by a team of Vanderbilt scientists. Post-doctoral fellow Shu-qun Shi, who assisted in performing the experiments in the study, stated, "Our study confirms that it is not only what you eat and how much you eat that is important for a healthy lifestyle, but when you eat is also very important."

Insulin, one of the most potent metabolic hormones, is made in the pancreas and plays a key role in regulating the body's blood sugar (glucose) level. When we eat, our digestion breaks down the carbohydrates in our food into the simple sugar (glucose). Too much glucose in the blood is toxic, so one of insulin's roles is to stimulate transfer of glucose into our cells, thereby removing excess glucose from the blood.

"People have suspected that our cells' response to insulin had a circadian cycle, but we are the first to have actually measured it," said Professor of Molecular Physiology and Biophysics, Owen McGuinness. "The master clock in the central nervous system drives the cycle and the cells sensitivity to insulin follows."

The study found that normal "wild-type" mouse tissues are relatively resistant to insulin during the inactive/ fasting phase (daytime for mice and nighttime for humans) whereas they become more sensitive to insulin (therefore better able to transfer glucose out of the blood) during the high activity/feeding phase of their

24-hour cycle. As a result, glucose is converted primarily into fat during the inactive phase and used for energy and to other tissue building during the high activity phase."

Studies on humans revealed similar results. "Eating in tune with your circadian rhythms—a.k.a. your body's inner clock that guides you to wake and sleep—automatically helps your health. You are getting fuel when you can actually use it and allowing your body to rest when it needs to," says Michael Roizen, MD, chief wellness officer of the Cleveland Clinic and coauthor of *What to Eat When*.

A collaborative study by Tel Aviv University and the Hebrew University of Jerusalem in 2013 found that eating times did affect both weight and health. The results, published in the journal *Obesity*, indicate that proper meal timing can make an important contribution towards managing obesity and promoting an overall healthy lifestyle.

In the study, 93 obese women were randomly assigned to one of two isocaloric groups. Each consumed a moderate-carbohydrate, moderate-fat diet totaling 1,400 calories daily for a period of 12 weeks. The first group consumed 700 calories at breakfast, 500 at lunch, and 200 at dinner. The second group ate a 200 calorie breakfast, 500 calorie lunch, and 700 calorie dinner. The 700 calorie breakfast and dinner included the same foods.

By the end of the study, participants in the "big breakfast" group had lost an average of 17.8 pounds each and three inches off their waist line, compared to a 7.3 pound and 1.4 inch loss for participants in the "big dinner" group. According to Prof. Jakubowicz, a study

(continued on page 13)

PRAYER MINISTRY

THY WAY, O GOD, IS IN THE SANCTUARY—PSALM 77:13

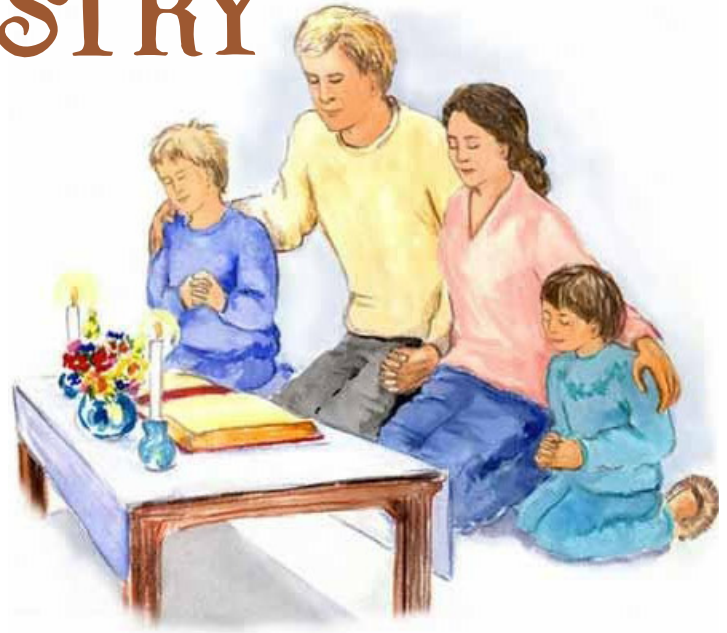
Each Tuesday at 2:00 PM, a group of ladies meet to study together in the Multipurpose Room of our church. We are in the process of finishing an intensive study of End Time Events which Pastor Clark put together many years ago for Prayer Meeting. As we have been doing that study, the seriousness of the times in which we are living has been riveted in our minds and the thought has come to me: More preparation is need! More understanding of the deep themes of the Bible are essential!

So what to study next??

I have a burden for myself and for others to be able to show from the Bible why we are Adventists. We also know that we may have to stand alone to testify for what we believe. And among all of our doctrines, there is one that no other church, to my knowledge, is teaching. And

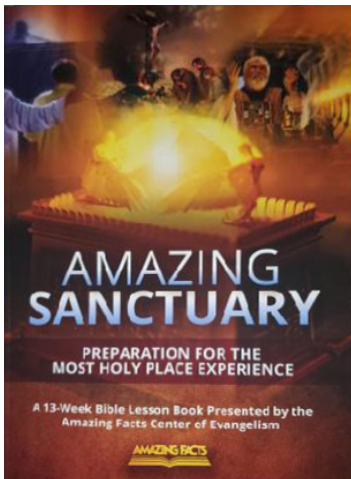
that is the doctrine of the Heavenly Sanctuary. *"The correct understanding of the ministration in the heavenly sanctuary is the foundation of our faith."* (EV 221) *"The subject of the sanctuary and the investigative judgment should be clearly understood by the people of God."* (GC 488) This needs to be our next study!

Amazing Facts had a weekend seminar a couple of months ago called "Amazing Sanctuary." If you



go to the Amazing Facts YouTube channel you can find the series. Out of that study they produced a book, which is in the form of a quarterly called **"Amazing Sanctuary: Preparation for the Most Holy Place Experience."** This is the book we have decided to use as we embark on this deep journey to study the Sanctuary. There are other resources that I will probably bring in to go along with this study since the Sanctuary is like a diamond that can be looked at from many angles to see the depth of its beauty but our main resource will be that book.

A specific date to begin this study is still not determined because we must complete the one we are currently in. However, we are near the end, so it will be soon. If you are interested in joining our women's study group, please contact me so I can be sure there is a book available for you. We meet each Tuesday afternoon at 2:00 PM in the Multipurpose Room. May God lead us as we follow Him into His Most Holy Sanctuary. ~Donna Griffith, Prayer Ministry



JUBILANT TRIO IN CONCERT

The **Jubilant Trio** gave a concert at Cowboy Church (Gateway Christian Fellowship) on Williams Highway June 5. You can almost see the gates of heaven open when these ladies sing; their voices blend so beautifully! Singing songs like "Never Too Broken To Belong" and "I Want Jesus More Than Anything", they are truly inspirational and uplifting, with a fresh country gospel flavor. The trio consists of Sheila Henry (Sunny Valley), Karen Johnson (Grants Pass), and Grace Wilson (Central Point). They all love to sing and get together every week to practice! They have given concerts all over southern Oregon and also done performances with the brass group from our GP church. They've also sung for special people that were homebound, like Henry Martin and Bill Peterson. Their next concert will be July 10 at the Rogue River Seventh-day Adventist Church, during church. Come and enjoy an hour of beautiful song and testimony! ~Melissa Derfler



Dorcas Holds Yard Sale



Preparing for another Dorcas Yard Sale is a busy task as each department (men's clothing, women's clothing, children's clothing, shoes, bedding, etc.) gathers many things for this year's big event. The Thrift Store, also a major part of this year's event, worked hard to decide what items to include in their part of the sale. Donations came in daily to support the sale.

As with most yard sales the day started out very busy. We still were putting things outside as lots of people were already arriving to shop and then there were times of lull and quiet. In front of Dorcas, there was "Fill a Bag for \$1"; and the Thrift Store had items in a corner of the Better Living Center for \$3 a bag. There was a wide variety of items from clothing to tools, toys, bedding and household items, along with miscellaneous items outside and half-off many items inside the store. All of

the items donated, including many donations of furniture, helped raise \$630 to support our Dorcas and Thrift Store expenses, enabling us to continue offering services to our community.

Many thanks to all the volunteers who worked at the sale to make this event happen successfully. The large task of setting up items for the sale and then putting things away afterwards was made manageable because of them. Each one deserves a big "Thank You!" Their help was so appreciated!

Michael Blurton, the new director of Dorcas, and Kay Gray, manager of the Thrift Store, did a great job of getting this year's sale together. Thank you for taking on these positions of service showing Jesus' care and compassion to our community on behalf of our church! ~**Shirleen Powell**



GRADUATION



(RIGHT)
Eighth-grade graduates from Grants Pass SDA School June 9, **Natalia Blurton** and **Hannah Kistler**, both Honor Roll students; and Natalia had a perfect attendance with no tardies record for the entire school year. Congratulations to these two beautiful girls! Natalia plans to attend Rogue Valley Academy this fall, and Hannah is going to Milo Adventist Academy. We wish God's blessings on these graduates as they begin a new exciting chapter in their lives!



(ABOVE) For the last day of school in my grades 6-8 classroom this year, two of the seventh-graders had a cake competition. They had planned this challenge several weeks in advance and made their cakes from scratch the night before. **Elora Hager** made a chocolate strawberry cake with chocolate ganache. **Cassidy Sharp** made a lemon blueberry cake. Our classroom judges had a very challenging time deciding on which cake had the best presentation and which tasted the best. Excellent job, ladies! ~Richard Rasmussen, Principal, Grants Pass Adventist School

(RIGHT)
Charisse Crary graduated from 8th grade this year! She is a homeschooled student and we honor her hard work, perseverance, and achievement! Charisse plans to attend Milo Adventist Academy this fall.



(LEFT)
Pastor Byrd with 8th grade graduates **Brandon Diaz** and **Nadia Bowlby**, from our Madrone Adventist School (Cave Junction). Nadia will be attending Milo Adventist Academy this fall, and Brandon will continue his studies at home.



FROM THE Editor's Desk



A big Thank You to all who responded to my last post asking for newsletter material! And ...you got it to me by deadline! You are all so greatly appreciated! For future reference, here are the deadlines for the rest of the year...so you can post them by your computer if you plan to contribute.

For August 2021 issue: July 21

For Sept 2021 issue: August 25

For October 2021 issue: Sept 22

For November 2021 issue: Oct 20

For December 2021 issue: Nov 24

Thank you again! blessings, *Melissa*

AT REST



Joan Thomas - June 2

Beverly Steinman - June 6

Dory Robinson - June 11



ANNOUNCEMENTS &

Letters
to the church

Grants Pass Seventh-day Adventist School is currently accepting students in grades K-8. Has your child registered yet? Do you know relatives or neighbors whose children who would benefit from a Christ-centered education? Call the school office at 541-479-2293 to request a registration packet.

The school library is in need of some books from the Adventist Book Center. We would like to complete some of the book series and some books that we would like to have in the library. If you could help us out with new or used books that would be great. You can email or text me if you would like to donate and what book.

Thanks,
Sandy Curtice, Librarian, securtice@gmail.com

Dear Church Family,

Bob and I cannot thank each and every one of you enough for the prayers that were offered for Bob and for Shirley. Bob is doing real good and will be going home soon. Shirley's recovery is a miracle. She is home, driving again, cooking her own meals, cleaning her house, and going grocery shopping. It is all because of your prayers. Thank you all so very much.

~Lenore Stevens

KIDS CORNER

See how many of these birds you can find:

Bald Eagle
Osprey
Swallow
Warbler
Turkey Vulture
Egret
Hummingbird

B	Y	O	B	A	L	D	E	A	G	L	E	T
H	E	S	Y	T	O	L	P	R	Y	T	G	N
S	W	P	A	L	L	T	R	E	A	G	R	L
W	A	R	B	L	E	R	Q	E	R	T	E	U
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O	W	E	E	T	Y	M	U	I	M	M	G	B
W	S	H	U	M	M	I	N	G	B	I	R	D
T	U	R	K	E	Y	V	U	L	T	U	R	E



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Thoughts & Prayers

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

Ron Beasley
Cathy Bell
Joyce Casper
Bonnie Day
Artur & Tulia De Carvalho
Connie Frye
Dennis Gallegos
Family of Beverly Steinman
Family of Dory Robinson
Family of Joan Thomas
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 Napoletano
Chuck Painter
Jessica Rae
Beth Ringering

Israel Rush
Lance Schmidt
Rebecca Hill
Rhonda Scott
Mel Smith
Yvonne Tooley
BLBN
Our school
Church Ministries
The home-bound
Those in nursing homes
VETS



Covid Pandemic, Scamdemic, and the Corruption of the Blueprint of Life?

“Medical science has always believed in the superstition that the use of chemical substances which are harmful and destructive to human life will prove an efficient substitute for the violation of laws and, in this way, encourages the belief that a man may go the limit in self indulgences that weaken and destroy his physical system, and then hope to be absolved from his physical ailments by swallowing a few pills, or submitting to an injection of a serum or vaccine, that are supposed to act as vicarious redeemers of the physical organism and counteract life-long practices that are poisonous and wholly destructive to the patient’s well-being.” ~ Dr Benedict Lust—Father of Naturopathy, the first Universal Naturopathic Directory and Buyer’s Guide, (a “yearbook of drugless therapy”) 1918.

Researching “Corona Virus Pandemic”, one finds that this “Crisis” has many layers, players and questionable intents, and that for “Our Safety and Protection”, we appear to have been quarantined, and on our way to “The Great Reset” under a New World Order, with the loss of freedom, protection and rights assured by constitutional America. Sounds unbelievable but we should not be surprised as this change has been prophesied. Although there have been deaths, one must understand that this is not a “plague”, not even close, and that “fear” is the contagious tool being used to manipulate the public into submission and acceptance of radical scientific and governing protocols.

There are issues being fought politically, medically, socially and legally at present as the questions as to Covid-19’s origin, the medical and social response, and the severity of the economic impact.

WHO would play with viruses?

The coronavirus SARS-CoV-2 originated not in nature but in a lab in Wuhan, China, having undergone gain-of-function manipulation to enhance the mutation ability of viruses to jump species and go airborne to encourage infectiousness and pathology in humans. Workers at the Wuhan Institute of Virology (WIV) fell ill with COVID-like symptoms in November 2019 and make the lab leak theory the most plausible. Dr. Anthony Fauci’s National Institute of Allergy and Infectious Diseases (NIAID) funded influenza, MERS and SARS (both Corona viruses), research at Erasmus Centre in the Netherlands 10 years ago. There, they were able to get an influenza A/ H5N1 virus to mutate and become airborne by injecting it into ferrets. The Wuhan lab was also funded by Fauci and Peter Daszak’s EcoHealth Alliance for gain-of-function research banned here in the USA during the Obama administration. The information on viral research points more to biological weaponization than to saving lives medically, sadly to say, and appears to be orchestrated by an elitist few who have the potential, through their wealth and power, to alter the future status of humanity.

Center for Health Security

Event 201, October 2019: *A Trial Run for a Pandemic*. Representatives from the World Economic Forum, the Centers for Disease Control and Prevention, Johns Hopkins University Population Center, the World Bank, the Chinese government and vaccine maker Johnson & Johnson were among those present at the event, which was organized by Bill Gates and, during which, simulated a worldwide pandemic triggered by a novel coronavirus. Social media censorship was a prominent strategy mentioned at the event to protect the dissemination of vaccine propaganda and the narrative surrounding the global pandemic. This is not “conspiracy theory,” you can read about Event 201 for yourself at the Center’s official website. Understand the immense power and control being wielded by private individuals such as Bill Gates, Mark Zuckerberg and others, and the ultimate goal of technocratic tyranny. When the U.S. withdrew funding from the World Health Organization in 2020, Gates became the biggest funder of the WHO. Together, they have been instrumental in pushing for a global vaccination campaign, and Gates has a great deal of money invested in these vaccines. The WHO is the tool that was used to implement a global shutdown in 2020, with the end goal being wealth transfer, economic destruction and societal reformation—The Great Reset.

GROWING! & GOING!

A Discipleship / Mentoring Program



After an unintentional hiatus, the Growing! & Going! ministry is preparing for "Year Three" of programming. The official launch is expected to be the week following Labor Day. As always, the mission of Growing! & Going! is to build deep, one-on-one relationships through mentorship and team-building activities. A supportive environment is nurtured to "grow" in Christ and "go" forward as a disciple for Him. Year Three will incorporate the most effective elements of the first two. Monthly topics and quarterly subject matter will be provided, much like Year One. Activities such as "God-Centered Goal Setting" and "Pass the Torch" will likely

make a return. In-person events will be planned throughout the program to affirm and strengthen one another. Any church member who feels they need extra support in their Christian walk is welcome to participate. Those who were involved as "mentees" in previous years may rejoin. New members and those returning to the church after an absence are strongly encouraged to become a mentee. Members need only bring the desire to grow spiritually.

Those who have a burden to lead and guide others in their Christian walk are encouraged to get involved as "mentors" for Year Three. Comprehensive training (online and in-person)

will take place late this summer for mentors. Expectations and goals will be clearly outlined for mentors as they prepare to work with their mentee. Being a "Bible scholar" is not a requirement. With Growing! & Going!, mentors will be equipped to lead strong disciples of Christ.

Please contact Carrie Hise if you are interested in participating as a mentor or mentee in this upcoming year of the Growing! & Going! discipleship program. Please watch this newsletter and the church bulletin for updates. Your prayers and participation are needed for this vital church ministry.

~Jennifer Burkes



FAMILY PORTRAITS:

DR. FRANK & ROSALIE HURD

BY GINNY FROST & ESTHER KEYS



"When you know your life is being directed by God, regardless of the challenges and disappointments that may and will come, you will feel joy and peace." `Russell M. Nelson

Frank and Rosalie Hurd grew up in the same state but came from vastly different soil. Frank was born in Rome, NY, the second oldest of ten children. His family lived in a rural farming area without electricity, running water or indoor plumbing. Their early means of transportation was horse and buggy. Sadly, Frank was not born into a loving and nurturing family. Alcohol was a constant in his parents' life; consequently the family often had very meager food and lacked necessities. From an early age, Frank knew he was different than the rest of the family.

When it came time for his older brother to go to school, at the age of six, he had no way to get there except by horse and buggy. His parents thought it was too much trouble to hitch up the horse to take him. So Frank, at 5 years old, decided that he would walk with his brother the mile and a half to school and back again so his brother didn't have to go by himself. His parents thought that was a good idea. When the boys got to school the teacher asked Frank's brother how old he was. When he said he was six, she said he would be in the first grade. When she asked Frank how old he was and he answered "Five,"

she said he could not go to school until he was six. Frank told her that he had to go to school, because if he didn't walk to school with his brother, his brother would not be able to come. So the teacher reluctantly let him stay. She explained to the class that she didn't have enough reading books for all of them, so they would have to share the books and they could not be taken from the classroom. Frank could already read, so he decided that he would sneak the books home that afternoon and memorize them that night, returning them the next morning—which he did! The next day when the teacher asked another student to read and she was not able to do so, Frank started "reading" the passage without the book! The astonished teacher asked him how he was able to do that, and he told her that he had to confess that he had taken the books home and had memorized them. During the course of that school year, he finished all the work for the first and second grades, as well as half of the third grade.

There was no religion practiced or taught in Frank's home and swearing was just a part of their everyday language. One day while Frank was six years old, he and his older brother were playing with a neighbor girl. Her mother told Frank that he and his brother would have to go home as she did not want them associating with her daughter because of their bad language. Frank was confused and asked her what was wrong with their language. She told him that she did not want her daughter to hear swearing all the time. He had no idea

what she was talking about, so he asked her what she meant. When she explained what swearing was, he left. That was the way his whole family talked, and he just thought it was normal, the way everyone talked. But as he thought about what she had told him, he determined to quit swearing after reading the 10 Commandments in the Bible which were written in stone by God's own finger.

When Frank was about nine years old, after reading the eight volumes of The Rise and Fall of the British Empire, he decided that he would become a vegetarian. He had read about the Hunza people of Northern Pakistan who often lived a hundred and twenty or more years. They subsist on a mostly vegetarian diet, so Frank thought that would be good for him also. His family didn't know how to relate to Frank: now a non-swearing, vegetarian! He tried to explain to them why he had decided to live that way but he just didn't fit in with them. A few months later he went to live with his grandmother. When she realized that he didn't swear any longer, she told him that he should "be religious" and find a church to go to. There were seven Sunday-keeping churches in the town, so each Sunday Frank walked the four miles to town and in turn, visited each one. He didn't find anything in

any of those churches that convinced him or convicted him that he needed to keep attending, so he quit.

The following summer, when Frank was 10 years old, he began working for a family who needed help on their farm. On Friday, at the end of the first week of work, he was told that he was not to come to work the next day. When he inquired why not, he was told that the family would be attending church. Frank was sure that they were confused since the next day was Saturday, not Sunday. But upon further questioning he was shown in the Bible that the seventh day of the week was the Sabbath and to be kept holy. Frank lived with this godly family over the course of the next seven years. The parents became surrogate parents to him and he was treated like one of the family. That was his introduction into Seventh-day Adventism. He was baptized a few years later.

Time and time again, God worked in Frank's life, one miracle after another. When Frank was 14, his legs were crushed in an accident by a drunk driver. For 2 hours he lay on a country road bleeding, and was finally taken to the nearest hospital (30 miles away) in a hearse. Frank spent 8 hours between the ER and Surgery. He had 17 fractures. During the first month his left leg developed gangrene. Frank didn't want to lose his leg but was informed that it was either his leg or his life. Against Frank's wishes, the amputation was scheduled. Frank prayed during that time and promised the Lord that if He saw fit to save his leg, that he would devote his life to helping people. The night before his leg was supposed to be cut off, God sent a bright shining angel who touched Frank's foot. The room was filled with an extremely bright light, and it felt to Frank like an electric shock had gone through his leg. Frank was not frightened or scared, as the angel had a look of kindness and compassion and said "Frank, your foot is going to be alright".

In the morning the gangrenous foot had a normal healthy pinky toe. The doctor asked Frank if anything had happened to him during the night. Frank replied, "Will you believe me if I

tell you?" When the doctor heard about the angel visit, he said, "Who am I to go against the edict of an angel?" The foot stayed, and Frank knew that once again, he had been spared. Frank spent over a year in one hospital or another recovering from his injuries and learning to walk again. God brought him through a long and painful recovery. His once strong legs and feet were now filled with metal plates and screws. With a fused foot and ankle, he would never run again, but God supplied strength and help for the days ahead.

He was moved to the County Hospital as "a ward of the state" and while there for 7 months deteriorated from 145 lbs. to 88 lbs. He was placed in a room with terminally ill patients who were destined to go to the morgue.

From there one of



Rosalie's sweet 16th Birthday

Frank's friends (a congressman) encouraged the welfare to move Frank to the Children's Hospital in Utica, NY. It was then Frank received the best care and was back on the road to recovery with Physical Therapy every day, excellent nutrition, and classes in learning how to walk again.

When Frank got well, he was sent to live in an orphanage. A bright spot during this time was a two-month long summer camp that all 80 children in the orphanage got to attend. The campers ranged in age from 2 years to 18 years. Camp had barely gotten set up when the matron and the head cook came down sick. The children had been bused to the camp and dropped off with all the supplies. Fifteen-year-old Frank stepped in and said that he could help.

Since they had all the supplies that were needed he said that he would cook for them. Recruiting the help of several of the older children, Frank organized the menu and the team of helpers, and they proceeded to turn out three meals a day for the duration of the camp.

Rosalie's background was vastly different from Frank's. Her parents both immigrated from Italy to the US where they met and married. Rosalie was one of five children. She spent most of her growing up years in the small town of Massapequa (named for a band of the Lenape Indians) on Long Island. Her parents were Catholic, but when Rosalie's mother was pregnant with her, an Adventist colporteur visited, gave the family Bible studies and they became Adventist. Rosalie recalls with a smile that she was first "baptized" (in utero) along with her mother. The family attended the Italian-American Adventist church and Rosalie was baptized there when she was about 10 years old.

Rosalie's family was a hard working and loving family. Rosalie's father was a skilled carpenter and doting father. She was the apple of his eye. Her mother was a wonderful cook and industrious homemaker who taught Rosalie how to prepare healthy meals, sew, keep the home running smoothly, care for children, spend wisely and live frugally. Because of these habits, their family was always provided for. Little did Rosalie know, that her early upbringing would give her the skills she would need in so many different situations in her life.

God had a plan.

Rosalie attended Greater New York Academy her freshman year, then traveled the long Island railroad train to NYC where the next two years she attended Washington Irving High School and also learned millinery, and pattern making. Her senior year was completed at South Lancaster Academy in MA, near where her older sister lived and where Rosalie enrolled as a Freshman at Atlantic Union College at the age of 16.

During academy, both Frank and Rosalie kept very busy with their own personal growth and education. Rosalie, a skilled seamstress, worked and earned money sewing clothing for both faculty and students. She was a home economics lab instructor and also participated in roller skating, gymnastics and tumbling. Frank, able to use his knowledge from the farm, was

in charge of his own construction crew on campus. In addition to digging out and installing complete septic systems, he did all manner of other jobs. During the summer Frank went home to his surrogate family and worked on the farm. In college they both remained busy, seeing little of each other. Rosalie was working altering mens suits for the Tailors Shop in town. She had also started her own sewing business, never lacking for work. Frank had taken

art in college and enjoyed using the artistic gifts God had given him (a talent he passed on to their children). To pay for tuition, he worked in a plastic manufacturing plant, worked at a gas station and also worked as a sales agent selling things like encyclopedias, vacuums, and sewing machines.

He was offered a position as regional sales manager. There was one caveat. He had to become Catholic. Frank knew God was leading him elsewhere and quit.

Frank and Rosalie met during College Days at Atlantic Union College. Frank recalls, upon seeing Rosalie for the first time, "That's a young lady I'd like to get to know." Rosalie didn't remember Frank until at home for the summer when she received a letter with a head and shoulders picture of Frank and two new dollar bills (all the money he had at that time) with a note that said "Here's a gift for your graduation". After looking at the picture, Rosalie then remembered meeting Frank at the badminton court—the very tall 6'5" farm boy wearing a pin-striped double-breasted suit during College Days. A short "thank you" note for the money received began a friendship and some dating at Atlantic Union College the following school year. But Rosalie's parents were determined that she would marry "well" and "country boy"

Frank was not what they had in mind. So, to discourage their blossoming friendship, her parents decided to send her to Union College in Lincoln, NE, at the end of her freshman year. She attended Union for the next two years and almost became engaged to a man who was a successful rancher.

Because Rosalie wanted to honor her parents' wishes, she had not written to Frank or told him where she had gone. She remembered how kind and polite he was and how he showed a genuine

Victorian Mansion – Michigan Clinic - Home



interest in her soul, unlike so many of the other suitors at that time. But resourceful Frank had tracked her down at the end of their sophomore



The Hurds – (with first 3 children)

year and made the trip to Union College to see her. Renewing their acquaintance, he decided to transfer to Union for his junior year. The Lord and Frank had other plans for Rosalie and she soon ended her relationship with the other suitor. Rosalie's mother had also finally come to recognize that Frank was a sincere, Christian young man, and that was important to her. The following year found the couple back at AUC, with Rosalie finishing up her BS degree with a major in Home Economics and minors in Business and Education. Having taken

several science classes and a German language class as well, Frank's majors were Theology and Pre-Med. During that senior year Frank proposed to Rosalie, but she initially turned him down. Since her break up with her former beau, she wasn't ready to commit to marriage just yet. But Frank was persistent, and after two more proposals she said, "Yes!" The young couple had a small wedding in the home of the pastor who had baptized Rosalie close to a decade before. The next year, they welcomed their first child, Melissa.

Frank felt God was calling him to the medical field, so he began attending National College of Natural Medicine (later called National College of Chiropractic) in Chicago. Meanwhile, during the next two years Rosalie was the cafeteria director for Broadview Academy in La Fox, IL. While Frank was in school, he and Rosalie had their second child, John. Besides his classes, Frank worked as a painter on Sunday and was the buyer of foods for the school cafeteria. Rosalie was busy caring for their two children. They

were very poor at this time and at one point, Frank almost died from accidental carbon monoxide poisoning. He was sweating green liquid. Godly church members came and filled the cupboard with groceries. Frank was anointed by the local Adventist pastor. God brought him through yet another brush with death. After this the family moved from Chicago, IL, to Michigan, where they lived at Rural Life in a mobile home during Frank's last year of school. Rosalie was the dietitian/cook for the retirement center there in Pullman, MI. During this time, Frank was only able to come home on weekends.

Shortly after Frank graduated from National, he and Rosalie had their third child, David. The family moved to Michigan and Frank opened his first office, practicing "drugless medicine", and using his chiropractic skills to alleviate pain and promote healing with natural methods, including a healthy diet and lifestyle. After a year they bought a Victorian mansion in Allegan, MI, a three-story home with twenty-one rooms. The main stairway had a curved banister that the kids loved to slide down, and a

large covered front porch which was wonderful for roller skating! The building had previously been used as a church. They remodeled it into a clinic with treatment and hydrotherapy rooms downstairs, and living quarters above. The family lived here from 1964 to 1970. Down the same street was the home where Ellen G. White had once lived, and Edson her son built the "Morning Star" ship that went down the Mississippi River doing missionary work. Frank had a small farm nearby and the children loved to go to the farm with him to milk the goats, feed the chickens and ducks, play with kittens and puppies, and care for the garden.

In 1968, Rosalie saw a life-long dream come to fruition with the publication of her cookbook, **"Ten Talents"**. Between juggling the business, child rearing, homemaking and helping in the clinic, Rosalie recalls some memorable incidents such as when David, who was 2 years old, decided to go for a walk wearing only his diaper. Walking several blocks, he ended up at the local fire station. The fireman who brought him home was impressed that this small boy could give directions back home, and the boy was likewise delighted with his ride in an official squad car!

Frank and Rosalie had dreamed of having a lifestyle center and had prayed that God would lead the way for them to be of service to others. On January 3, 1970, they left Michigan, bound for Minnesota. The Lord had provided a forty-acre property that had previously been used for ministry by an elderly doctor and his wife, retired missionaries from Africa. Their mission to the Scandinavian people in the "Iron Range" of Northern Minnesota would now be continued. Navigating through blizzard weather, God saw the Hurds to their destination. Frank often described the location as "not the end of the world, but you can see it from there." There was a lot of natural beauty in this northern wilderness, as well as many mosquitoes, red clay soil, and long winters with lots of snow and forty-below-zero temperatures. Cabins and homes were added to the property, gardens were planted, and



The complete Hurd Family- circa 1980

health food stores opened in several of the surrounding towns. After much hard work, Frank and Rosalie started Northern Lights Institute. This was a wonderful place for people to come (many from cities such as Duluth and Minneapolis) who wanted to experience country life, learn how to eat and live healthfully, get off drugs or alcohol, learn how to work, garden, cook, can food, etc, but most importantly, build a relationship with the Lord. Many people came and went over the years and lasting friendships were built.

While the children were still young, the family purchased a 40-foot Bluebird bus that had been fixed up inside for traveling and living. They criss-crossed the country and taught Healthful Living classes for a week or two at a time. Rosalie taught the cooking classes and Frank gave health lectures. Since the children were homeschooled (most of them through their high school years) they were able to travel as a family. The children got a very diverse education, learning many valuable lessons along the way. The boys also honed their mechanical abilities keeping that Bluebird in good running order. They continued the health seminars for over ten years, responding to invitations from churches and organizations nationwide. Freewill donations helped defray expenses, and despite flat tires, breakdowns and transmission failures, the Lord provided all their needs. Rosalie shopped the thrift stores, looking for good buys such as an expensive used-but-still-in-good-condition suit found for Frank for five dollars.

Two years after moving to Minnesota Rosalie had their 4th child, Enoch and two years after that, their fifth and

last child, Esther. After over a decade, Northern Lights slowly came to an end. Frank felt God was calling him to attend Medical School, which he did, graduating in 1986. He continued to practice as a drugless physician and was busier than ever. Rosalie was always on the go with the Ten Talents ministry and business. It has seen four revisions and expansions over the years, with two of those translated into Spanish. The 50th Anniversary edition of Ten Talents was published in 2018. The health ministry expanded as books were sold and shipped all over the world.

Some time later, Rosalie worked as a Lifestyle Counselor at Wildwood Institute for about 7 months, while learning and training in Medical Missionary work; and in 1998, after practicing drugless medicine for about forty years in the eastern part of the country (mainly Michigan, Minnesota and Wisconsin), the Hurds decided to move west. Frank took boards for the states of Washington, Oregon, and California as they didn't know just where they were going to be living. They finally decided to settle in the Grants Pass area, where the Hurds continued practicing wholistic health and lifestyle healing and helping anyone they could.

Frank opened an office on their property and Rosalie kept busy with Ten Talents. God has brought so many people into the Hurd's life via one avenue or another. They have had the joy of meeting people from all over the world and lifting them up to Jesus. They feel that as long as the Lord gives them breath, they will be willing to be of service to Him.

In August, they will be celebrating their 65th anniversary of marriage and ministry together. They have never refused to go where the Lord leads them or to help those in need and God has continued to provide. While they have slowed down in the last few years, they are still active, helping out when and where they can, doing the work that the Lord has for them. They are two great examples to all of us, of living in partnership with the Lord.

In February 2021, after a nosebleed that would not stop, it was discovered that Frank had platelet deprivation

(Family Portraits: Hurd, continued from page 10)

below survival limits. He was rushed to Hematology at RRMHC. None of the doctors at the Medford hospital nor a platelet specialist from New York who was called regarding the case, had any hope of Frank's surviving this condition. The entire family was called and came to say their last goodbyes to Dad. We again sought the Lord in prayer remembering the words in Jeremiah 32:27: *"Behold, I am the Lord, the God of all flesh: is there anything too hard for me?"* We immediately called Pastor Charles Byrd requesting an anointing. After singing and praising God for what He had done in the past, Pastor Byrd and Karen read encouraging Bible verses (Jer. 30:17, Jer. 29: 11-13). We earnestly prayed and claimed the promise in Malachi 4:2, *"But unto you that fear my name shall the Sun of Righteousness arise with healing in His wings."* The morning after the anointing, Frank received another blood platelet transfusion (one of many) and this time the blood platelet transfusion started working and Frank's platelet count began to improve and continues to rise daily. We praise God for another miracle!



Pastor Charles Byrd anointing Frank

During Frank's series of problems, Rosalie experienced heart issues for nearly two years, due to overwork and lack of rest. Not one to ever be sick, she didn't realize her condition was serious. The right atrial heart valve had to be replaced and a pacemaker was installed. She was at RRMHC for about a month then sent to Royal Gardens for another month for rehab. During this time Frank was at Regency Health Care. Now that they have both been released to come home, they are praising God together and thanking Him for life itself. Rosalie believes God fulfilled His promise in Jeremiah 33:3, *"Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not."* Praise God for miracles!

Frank and Rosalie have more chapters, experiences and miracles to share than would fit in a book. They praise God for health and healing, life and blessings, friends and family. Their five children are grown and married, with children of their own. Now Frank and Rosalie have eight grandchildren, and four great-grandchildren. They cherish family time and look forward to Jesus soon coming and their heavenly home.

~Ginny Frost and Esther Keys

(Health Corner: When To Eat, continued from page 2)

team member, those in the big breakfast group were found to have significantly lower levels of the hunger-regulating hormone ghrelin, an indication that they were more satiated and had less desire for snacking later in the day than their counterparts in the big dinner group.

The big breakfast group also showed a more significant decrease in insulin, glucose, and triglyceride levels than those in the big dinner group. More important, they did not experience the high spikes in blood glucose levels that typically occur after a meal.

Prof. Jakubowicz suggested an end to late night snacking. It increases not only poundage, but the risk of cardiovascular disease. In the Vanderbilt University study mentioned above, Carl Johnson, Professor of Biological Sciences, came to the same conclusions and said, *"If you metabolize food during the day, when you are active, you tend not to convert so much of that to fat; whereas food eaten during the night or late evening is more likely to be converted into fat. That is why it is good to fast every day...not eat anything between dinner and breakfast."*

In our October 2016 newsletter, we talked about the role exercise plays in enhancing brain health by stimulating the production of neurotrophin protein called BDNF. BDNF has been found to encourage the growth and differentiation of new neurons and synapses in the brain and this improves the ability to learn, memorize and think critically.

Recent studies have shown that intermittent fasting is also found to raise BDNF levels. A modest approach would be to skip even a light dinner at times so that the time interval from lunch to the next day's breakfast would be at least 16 hours. Sixteen hours appears to be the minimum fasting period necessary for enhanced BDNF synthesis in the human brain.

The Adventist health message has recommended that two meals a day as beneficial to health, as long as one's work schedule does not involve heavy physical activity. Such meal scheduling would be a modest form of intermittent fasting as long as the second meal is eaten no later than the late afternoon.

As a result of eating late suppers, the digestive process is continued through the sleeping hours. *"But though the stomach works constantly, its work is not properly accomplished...When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits, late suppers are particularly harmful. With them the disturbance created is often the beginning of disease."* {MH 303.3}

When one sees how the inspired word is years and even many centuries ahead of science, faith is strengthened and it is seen that *"The Bible is not to be tested by men's ideas of science, but science is to be brought to the test of the unerring standard...Yet the study of the sciences is not to be neglected. Books must be used for this purpose: but they should be in harmony with the Bible, for that is the standard..."* {SpT&D 56.1-2}

~John Mauro

(continued from page 7)

As explained by journalist James Corbett in his October 16, 2020, Corbett Report, the Great Reset is a new “social contract” that ties every person to it through an electronic ID linked to your bank account and health records, and **a social credit ID that will end up dictating every facet of your life.**

The Pandemic has been a psychological operation and there’s not a single area of life that is left out of this Great Reset plan. The planned reform will affect everything from government, energy and finance to food, medicine, real estate, policing and even how we interact with our fellow human beings in general.

False positives

While mortality statistics during the pandemic have been within the norms of any given year, meaning the pandemic has not resulted in an excess number of deaths higher than normal, the collateral damage from pandemic response is devastating. Even when it became clear that people weren’t really dying in excessive numbers, the mainstream media gave us continuous updates on the growing number of “cases,” without ever putting such figures into context or explaining that the vast majority were false positives. The main problem with the PCR test is that it cannot differentiate between dead or inactive viral particles and live virus. Thus, a healthy person can test positive for COVID-19 because the test, when used at a high cycle threshold (CT), will magnify noninfectious or harmless segments of RNA/DNA that are not related to infectious viral particles. Information that would have balanced out the bad news — such as recovery rates and just how many so-called “cases” actually weren’t, because they never had a single symptom — were censored and suppressed. Such biased news reporting induced fear in the population to further the planned vaccination program now in action. Robert F. Kennedy Jr. has likened our current predicament to “an apocalyptic battle,” as we’re facing formidable undemocratic forces with seemingly unlimited financial resources, political influence and the ability to control the global landscape of communications. We’re facing

a globalist agenda that ultimately seeks to gain total control by stripping away human rights and the rights of countries, and they’re using “biosecurity” as justification for it all.

Big Pharma jumping on the fast track to \$ billions through vaccination (Gene therapy) and supported by government mandates of mask wearing, shut downs and social distancing based on questionably safe science; conspiracy theory deemed as domestic terrorism; censored facts, remedies such as hydroxychloroquine and ivermectin, and information that expose bad science, lies, treasonous ties to special interest individuals and entities; the loss of individual rights and freedoms; eugenics program directed particularly at the elderly; vaccine passports, with penalties for non compliance. These are issues of concern being fought in the arena for truth and freedom from tyranny. Are you beginning to see where this is leading?

The Remedy?

There is a risk of death from the COVID-19 vaccine. According to the U.S. Vaccine Adverse Event Reporting System (VAERS), data released June 25, 2021 by the CDC showed a total of 387,087 reports of adverse events from all age groups following COVID vaccines, **including 6,113 deaths and 31,240 serious injuries** between Dec. 14, 2020 and June 18, 2021. Past investigations have shown only between 1% and 10% of adverse reactions are ever reported to VAERS, which is a passive, voluntary reporting system, so the actual number could be much higher.

Dr J Mercola interview with Stephanie Seneff, Ph.D. and Judy Mikovits, Ph.D.

Gene-based COVID-19 vaccines are capable of causing damage in a number of different ways. These different mechanisms of harm have synergistic effects when it comes to dysregulating your innate and adaptive immune systems and activating latent viruses. The worst symptoms of COVID-19 are created by the SARS-CoV-2 spike protein, and that is the very thing gene-based COVID vaccines are instructing your body to make. While the natural

spike protein is bad, the spike protein your body produces in response to the vaccine is even worse, as the synthetic RNA has been manipulated in such a way as to create a very robust and unnatural spike protein. The spike protein is toxic and has the ability to induce vascular, heart and neurological damage. The vaccine disables the Type I interferon pathway, which explains why vaccinated patients are reporting herpes and shingles infection following vaccination.

It looks as though pregnant women who are getting the COVID-19 vaccine are at increased risk not only for miscarriage but also for future infertility and having an autistic child. These vaccines simply are not decreasing COVID-19 but radically decreasing the health of those who receive it, especially pregnant women that the CDC merely a month ago encouraged to get vaccinated without a shred of safety evidence. Stephanie Seneff, Ph.D. describes how mRNA can alter your DNA, essentially integrating the instructions to make spike proteins into your genome. Typically, mRNA cannot be integrated directly into your genes because you need reverse transcriptase which converts RNA back into DNA (reverse transcription). However, there’s a wide variety of reverse transcriptase systems already embedded in our DNA, which makes this possible. (GMO human cells). According to Dr. Seneff, SARS-CoV-2 Spike Protein “appears to be a prion protein, although this has yet to be thoroughly verified”. Creutzfeldt-Jakob disease (CJD), the human version of mad cow disease, is a prion disease. Other serious neurodegenerative diseases include Alzheimer’s, Parkinson’s and Lou Gehrig’s disease (ALS), each tied to a specific prion protein.

As for which vaccine might be the most dangerous, Mikovits believes the vector-based DNA vaccines (AstraZeneca and Johnson & Johnson) are the most dangerous for those with chronic Lyme disease or any inflammatory disease associated with an (abnormal host immune response, such as shingles, viral infections or cancer, women who have already received the Gardasil vaccine (as this

(continued on next page)

(continued from page 14)

may predispose them to problems with the lipid nanoparticle), and those with Parkinson's or Huntington-like diseases.

Seneff, meanwhile, worries that children may be susceptible to either type of COVID vaccine, simply because they've already received so many different vaccines. Mikovits agrees, but believes the mRNA vaccines may be more harmful in this age group. Seneff believes we'll see a significant rise in cancer, accelerated Parkinson's-like diseases, Huntington's disease, and all types of autoimmune diseases and neurodegenerative disorders.

Mikovits suspects many will die rather rapidly. "We have evidence in the HTLV-1 associated myelopathy that these things go from long latency periods to [putting] you in a wheelchair in six months," she says. "So, with all these other toxins combined hitting you, it's not going to be 'live and suffer forever.' It's going to be suffer five years and die. . . . So, if the entire world never again took another shot, even the most susceptible populations, they could stay well ... We really have to say no more shots because they're the single biggest toxin to anyone, and an immune dysregulator."

Suggested treatment alternatives

- Hydroxychloroquine and ivermectin treatments
- Low-dose antiretroviral therapy to reeducate your immune system
- Low-dose interferons such as Paximune, developed by interferon researcher Dr. Joe Cummins, to stimulate your immune system
- Peptide T (an HIV entry inhibitor derived from the HIV envelope protein gp120; it blocks binding and infection of viruses that use the CCR5 receptor to infect cells)
- Cannabis, to strengthen Type I interferon pathways
- Dimethylglycine or betaine (trimethylglycine) to enhance methylation, thereby suppressing latent viruses
- Silymarin or milk thistle to help cleanse your liver
- Avoid all vegetable oils, sugar and processed foods. Focus on certified-organic foods to minimize your glyphosate exposure, and include plenty of sulfur-rich foods (onions, garlic, Brassicas such as mustard and broccoli) to keep your mitochondria and lysosomes healthy. Both are important for the clearing of cellular debris, including these spike proteins. You can also boost your sulfate by taking Epsom salt baths.
- Optimize vitamin D level to between 60 ng/mL and 80 ng/mL (100 nmol/L to 150 nmol/L), ideally through sensible sun exposure. Sunlight also has other benefits besides making vitamin D.

~Tony Bigginton



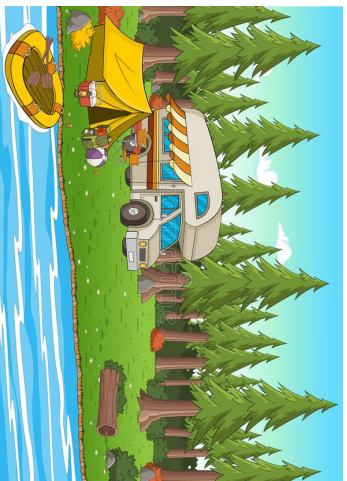
What Ellen White Did During a Pandemic

On August 13, 1894, Ellen White wrote a letter to Stephen Haskell, in which she discusses her deep concern for the people who were dying because of the influenza virus. She wrote,

"Throughout New South Wales, we have been tested and tried with the influenza epidemic. Nearly every family has been afflicted in the cities and country towns. Some are now very, very sick. Their lives are hanging in the balance. We pray for the sick, and do what we can financially, and then wait the result...One day last week, there were eleven funerals...Children do not seem to suffer so much as the adults and the aged. I have been severely attacked, and have not been able to attend meetings for four weeks but have not given up to take to my bed one day. I have written my number of pages nearly every day, though I have been coughing and sneezing and bleeding at the nose. Brother Colcord has been confined to his bed. Nearly everyone around has suffered but I thank the Lord I am improving and am of good courage in the Lord. We shall do all we can in the name of the Lord...I do not have to look on helplessly and groan and pray in seeing my brethren and sisters in distress...God's people are being tried and tested, and may God grant that I may be able to help them through the trial...and by so doing be able to cling to Jesus more firmly than ever." (Letter 30, August 13, 1894).

It is important to emphasize that, when she wrote the letter, Ellen White was already 66 years old and, as such, she was a high-risk person. Her trust in God and her lifestyle helped her to hold on in that moment of crisis and to be victorious.

2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH
Events may have been changed or added; please check: https://www.grantspasschurch.com/calendar/ and ANNOUNCEMENT PAGE						
4 INDEPENDENCE DAY	5 CHURCH OFFICE CLOSED THRIFT STORE CLOSED 7:00 pm Praise, Prayer, and Promises	6 7:00 am FIRST LIGHT (Zoom) 9:00 am-1:30 pm Dorcas 9:30 am-1:30 pm Thrift Store 12:40:00 pm Veggie Food Store 2:00 pm Women's Study (MP Rm) 4:00 pm Romans Study (MP Rm)	7 7:00 pm Prayer Meeting (via ZOOM)	1 7:00 am FIRST LIGHT (Zoom) 9:30 am-1:30 pm Thrift Store 3-6:00 pm Veggie Food Store	2 Sunset 8:53 pm	3 9:15 am Donna Griffith's Sab Sch Class - Zoom 9:30 am SS Classes 11:00 am Church Worship Service: Pastor Byrd (Communion) Sunset 8:53 pm
11 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises	12 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises	13 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) 6:30 pm Elders' Board (Zoom)	14 7:00 pm Prayer Meeting (via ZOOM)	15 7:00 am FIRST LIGHT (Zoom) 9:30 am-1:30 pm Thrift Store 3-6:00 pm Veggie Food Store	16 Sunset 8:47 pm	17 9:15 am Donna Griffith's Sab Sch Class - Zoom 9:30 am SS Classes 11:00 am Church Worship Service: Pastor Lisa Isensee 4:00 pm Pastor Lisa Isensee Sunset 8:46 pm
18 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises	19 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises	20 7 am FIRST LIGHT 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)	21 NEWSLETTER DEADLINE 11:30 am Red Cross Blood Drive 7:00 pm Prayer Meeting (via ZOOM)	22 7:00 am FIRST LIGHT (Zoom) 9:30 am-1:30 pm Thrift Store 3-6:00 pm Veggie Food Store	23 Sunset 8:41 pm	24 9:15 am Donna Griffith's Sab Sch Class - Zoom 9:30 am SS Classes 11:00 am Church Worship Service: Pastor Byrd Sunset 8:40 pm
25 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises	26 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises	27 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 ABC Food Sale (MP Rm) 4:00 pm Romans Study (MP Rm)	28 7:00 pm Prayer Meeting (via ZOOM)	29 7:00 am FIRST LIGHT (Zoom) 9:30 am-1:30 pm Thrift Store 3-6:00 pm Veggie Food Store	30 Sunset 8:34 pm	31 9:15 am Donna Griffith's Sab Sch Class - Zoom 9:30 am SS Classes 11:00 am Church Worship Service: Pastor Byrd Sunset 8:33 pm
PARENTS' DAY						

Happy Birthday

16

ELLY BLECH
 MICHAEL RAE
 ANASTASSYA BLURTON
 LYNETTE GOLIA
 TOM SANTOS
 SELENA FRANK
 SKYLER BUSHNELL
 BERNIE HUKILL
 DAWN BOYD
 DIANE DUNLOP
 LARRY GREER
 REANNA HULBERT
 APRIL BRENNAN
 GERI WYTCHERLEY
 VITALY GRITSUK
 GEAN O'REILLY
 JESSICA RAE
 EDDIE WOITT
 NEALY WHEELER
 PAMELA HEIWIG
 BRIANNA FRANK
 ASHLYNN DAVILA
 DALE COTTRILL
 MEGAN DRIGGERS
 ANITA RAU
 ROGER SURROZ
 JAMIE WATSON
 TERRY GUTHRIE
 DANIEL HILL
 EVELYN GADE
 FRED RAMSEY
 DAVID HALLMARK
 LYNN WOODWARD
 ANDIE SPRINGER
 MADISON DIETRICH
 RON FITZPATRICK
 KRIS CURRIER
 DAVID ENGELHORN

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