



September 2021

# NEWS 'n VIEWS

from the Grants Pass Seventh-day Adventist Church

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## New Assistant Pastor: Pastor Daniel & Liva Trethewey

Pastor Daniel Trethewey has served in the Lord's vineyard since July 1st as assistant pastor / intern of the Grants Pass and Cave Junction Seventh-day Adventist Churches. His first message shared with the Grants Pass Church congregation was August 14, where he spoke on "Creation's Hidden Mystery."

Trethewey remembers one of his favorite Bible verses for difficult times: *"For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God*

*which is in Christ Jesus our Lord."* (Romans 8:38-39, NKJV).

The recent Walla Walla University graduate is prayerful and careful in following the Lord's calling. The call to pastor was not always clear. It is not clear if pastoring will be his only call to serve. The position with Grants Pass and Cave Junction is currently planned to last two years.

The path of his life found Trethewey at Wildwood Lifestyle Center, where he met his wife, Liva. They were married in 2015 and love living in the Rogue Valley. Trethewey credits his wife's tremendous support, as well as God's, for leading him to this point in his life. As well as supporting her husband and this church district, Mrs. Trethewey also works as a physical therapy aide.

Trethewey grew up in an Adventist home and was baptized at fifteen years old and later rebaptized. Through various life experiences, God has transformed this young pastor for service. Pastor Trethewey hopes to help transform and nurture souls to live for the Kingdom. He stresses

that, "It is not my work but God's."

He does not consider himself "the best storyteller," but the new pastor is excited when discussing upcoming evangelism plans. He is preparing to lead an evangelistic series in Cave Junction. There may be the temptation to feel overwhelmed at organizing such an event. Who will come? What if COVID-19 mandates change yet again? This is a time when people are hungry for the Word. One person reached is another added to the Body of Christ. Watch Pastor Daniel Trethewey, and let's pray he is able to share the message and reach many.

~Jennifer Burkes



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Isaiah 58:11 has become one of my most favorite verses. It says, *"The Lord will guide you continually..."* What a promise! I need, and desperately want, that kind of guidance...help with daily tasks, wisdom to solve everyday problems, and connection with people in divine appointments.

God is looking for those *"who will hear the voice of God and go where He sends them. There are many who are reading the Scriptures who cannot understand their true import. All over the world, men and women are looking wistfully to heaven. Prayers and tears and inquiries go up from souls longing for light, for grace, for the Holy Spirit. Many are on the verge of the kingdom, waiting only to be gathered in."* AA 109.

Let's pray for God to guide us continually. He's promised that He is *"able to do exceeding abundantly above all that we ask or think..."* (Ephesians 3:20).

Blessings, *Melissa*

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## 2ND ADVENT REVIVAL MINISTRY

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## Thank You

*We would like to express our appreciation for the kindness of the Grants Pass Church in hosting Eula Snell Dunivin's memorial service. She will be missed not only by her husband, but all her family and those who knew her. While she is resting until Jesus returns, let us all be ready for that glorious event of our Saviour's return. He is coming soon to take us to our heavenly home.*

*Blessings,  
The Snell, Dunivin, Nations families*





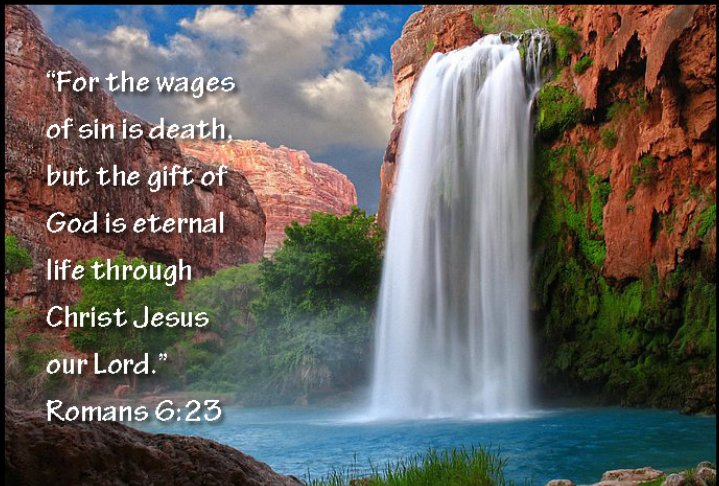
**Liberty and Health Alliance**  
P.O. Box 1681  
Jefferson City, MO 65102  
[info@LibertyAndHealth.org](mailto:info@LibertyAndHealth.org)

**LibertyAndHealth.org**

**Liberty and Health Alliance** is a new SDA organization that can help you if you should need a **vaccine exemption**. They offer sample letters and legal defense. There are also many informative articles and videos which can be perused on their website.

*"For the wages of sin is death, but the gift of God is eternal life through Christ Jesus our Lord."*

Romans 6:23



## NEWS FLASH



Congratulations to **Dr. Wendell Heidinger**, who was voted "Favorite Doctor" in the 2021 Sneak Preview's "Best of the Rogue Valley". Dr. Jon Ermshar also received a lot of votes.

## 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  
Ingrid Gruenheid  
Betty Hamblin  
David Hamblin  
Butch & Pam Helwig  
Rebekah Hill

Carrie Hise  
Fran Holder  
Sharon Karen  
Steve King  
Jerry & Zola Lewis  
Darlene Loewen  
Henry Martin  
Cathy McGinnis  
Shirley Napoletano  
Chuck Painter  
Jessica Rae  
Beth Ringering

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

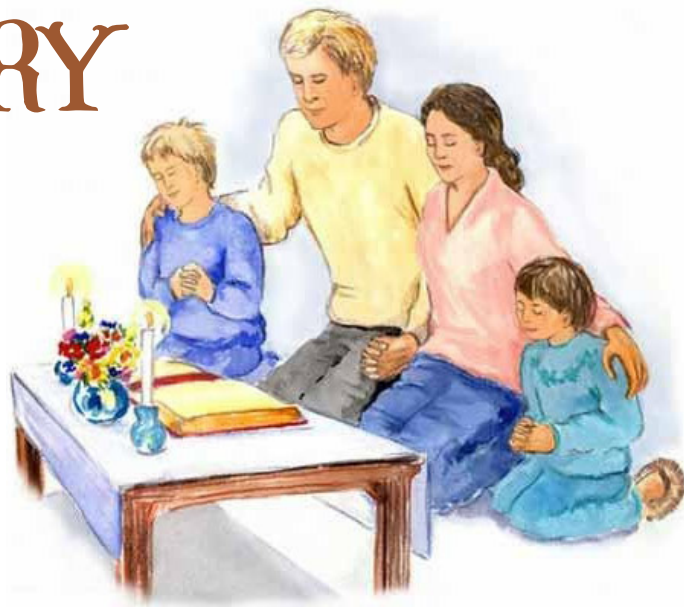


# PRAYER MINISTRY

## Will You Look Up?

The Sabbath School Lesson we studied on Sabbath, August 21, included the Biblical story of Elijah and his terror due to the death threat of the evil queen Jezebel. That story has always stirred my heart because it is so close to the experiences in real life. As Elijah runs away in terror, it seems he forgot the Almighty God who, only a few hours before, demonstrated His divine power on behalf of His servant. Elijah was afraid and he let go of the hand of Infinite Power at a time when he should have stayed at his post of duty.

But the part that always touches my heart is the compassion and understanding that God displays towards Elijah. It is a real testimony to the loving character of our Father in heaven and how He understands us. *"Like as a father pities his children, so the LORD pities them that fear Him. For he knows our frame; He remembers that we are dust."* (Ps. 103 13-14) From the book Prophets and Kings we read that a soft touch awoke Elijah when he finally stopped to sleep and, as he started up in terror, he *"looks up"* and sees the pitying face of a friend bending over him. God had sent an angel from heaven with food and water to nourish his servant. Elijah's experiences of discouragement *"are written for our admonition, upon whom the ends of the ages have come."* (1 Cor. 10:11) The days we are living in may also cause anxiety, fear and depression. We too, like Elijah, may be tempted to run, to run to anything this world can provide for an escape from the madness around us. But is that the answer? Remember, our kind Heavenly Father understood Elijah, and He understands what we are going through.



He would not have us stay in a condition of anxiety, fear and depression. He bids us *"look up"* and behold the face of our heavenly Friend bending over us, seeking to provide us with Food (the Word, Matt. 4:4) and Water (the Holy Spirit, John 7:37-39). The question is – will we *"look up"*? We do not know what tomorrow will bring. Everyday there are new changes we are unprepared for and never thought possible. Yet, what is happening in our world is the dress rehearsal of what is soon to come upon the people of God. Right now, during this testing time, God in His mercy is revealing to us our character defects. Right now is the time to recognize our weakness and humble ourselves before God and seek strength so we will be able to stand. Right now is the time to prepare spiritually for the Time of Trouble that will soon break upon us. When anxious, will we turn to God as a flower turns to the sun or will we use any means of escape we can provide ourselves. Will we *"look up"* or will we run? That is the question we all should be asking ourselves right now.

~Donna Griffith, Prayer Ministry







## An Amazing Little Pulse

There is an amazing little pulse that doesn't get the recognition it deserves. What is a pulse, you may ask? It is the seed from the pod of a legume plant. Although used interchangeably, the terms "legumes," "pulses," and "beans" have distinct meanings. A legume refers to any plant from the Fabaceae family. A pulse is the edible seed from the pod of a legume plant. Pulses include beans, chickpeas, lentils, and peas.

All of the pulses are powerhouses of protein, fiber, vitamins and minerals, but the lentil, the smallest pulse of them all, may just be the all around champ. Lentils have been labeled a superfood, for they have so many health promoting properties, it is hard to know where to start when listing them.

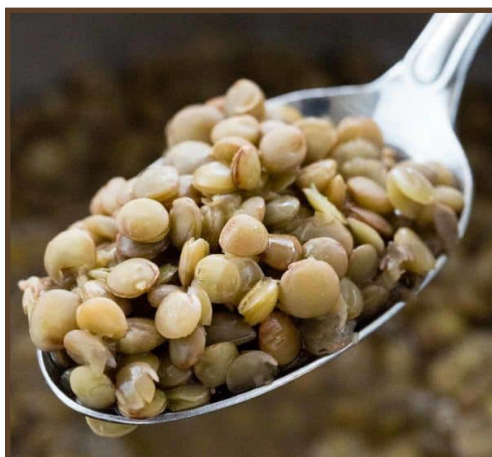
What's most exciting about lentils is their broad range of phytochemicals, many of which protect against chronic diseases. Several studies have found that the consumption of lentils leads to the reduction in the incidence of diseases such as diabetes, obesity, cancers and cardiovascular diseases.

Of all the pulses, beans and peas included, lentils have the highest antioxidant content. This makes them efficient free radical scavengers and an excellent anti inflammatory food. They have generous quantities of important B vitamins, minerals and fiber. One cup (198 grams) of cooked lentils has the following approximate nutritional profile:

- Calories: 230
- Protein: 17.9 grams 30% of RDA
- Fiber: 15.6 grams 50% of RDA

- Folate (vitamin B9): 90% of RDA
- Manganese: 49% of the RDA
- Iron: 6.6 mg, or 37% of the RDA
- Zinc 24% of the RDA
- Copper: 29% of the RDA
- Thiamine (vitamin B1): 22% of the RDA

Lentils have the second highest protein content of all vegetables (soy beans are number one), so they are a great replacement for meat as a source of vegetarian protein. One cup, cooked, provides almost one-third of our daily protein requirement without the fat and cholesterol found in meat.



## BROWN LENTILS

Folate (vitamin B9) is important in red blood cell formation and for healthy cell growth and function. The consumption of folate is crucial during early pregnancy to reduce the risk of birth defects of the brain and spine. One cup of cooked lentils provides almost the entire daily requirement of this important vitamin.

One cup of cooked lentils provides half the daily requirement for fiber. A fiber-rich diet maintains a healthy digestive tract and promotes regular bowel movements. Some studies have shown that lentils slow the rate that the stomach empties, which helps with digestion and prevents spikes in blood sugar. A study of more than 3,000 people found that those with the highest intake of lentils and other legumes had the lowest rates of diabetes. (*Clinical Nutrition*, June 2018)

The abundant fiber in lentils can also serve as an important factor in weight loss by functioning as a "bulking agent" in the digestive system thereby promoting a full feeling, which dampens appetite. In a study of 24 men, those who were given pasta and tomato sauce containing lentils ate significantly less during the meal and had lower blood sugar than those who ate the same meal without lentils. (*British Journal of Nutrition*, Aug. 2012)

Iron deficiency is a common cause of fatigue. One cup of cooked lentils provides over one-third of the daily requirement.

To aid in iron absorption, it is recommended that foods high in vitamin C (tomatoes, bell peppers, broccoli) be added to the menu to get the best assimilation, of plant based iron.

A strong immune response is vital in warding off diseases such as the coronavirus and flu. An adequate intake of zinc is essential for immune system health, and lentils are a very good plant source of this important element.



Thought to have originated in the Near East or Mediterranean area, lentils have been a source of sustenance since early Bible times. They are the oldest pulse crop known to man and one of the earliest domesticated crops. In Genesis 25:34, we learn that Esau loved lentils so much that he gave up his birthright for a bowl of them. Ezekiel's now famous bread has lentils as one of its ingredients (Ezekiel 4:9).

Lentils were introduced to the Americas by Spanish and Portuguese explorers in the early 16th century. They did not become part of American cuisine, though, until World War II, when lentils were promoted as an alternative to meat thanks to their low cost, wide availability and nutritional quality.

Lentils are one of the most climate-friendly foods according to environmental working groups. They produce almost 40 times less greenhouse gas emissions than lamb. This is because lentils can take nitrogen from the air and convert it into nutrients they need, thus requiring less nitrogen fertilizers than most other crops. They can also be grown and harvested in many different climates and terrains and require less water than other traditional crops. Lentils are said to be one of the most sustainable protein sources on the planet.

There are three main types of lentils in the United States: brown, green and red lentils.

- Brown lentils are the cheapest and soften the most upon cooking. They work best in soups and stews.
- Green lentils have a nuttier flavor. They stay firm when cooked and make good salad or taco toppers.
- Red lentils have a milder taste. They are great for bulking out purees and are also soft when cooked.

A real advantage in the preparation and cooking of lentils is that, unlike beans, they do not need to be soaked for hours before cooking. After rinsing, (always rinse before cooking to remove any debris) you just add 1 cup of lentils to 3 cups of water and low boil for 30 minutes or until tender. Salt and acidic ingredients (such as vinegar and lemon) toughen their skins, so wait until lentils are tender before adding them.

You can include lentils in the diet in the following



SPROUTED LENTILS

# Lentils and RICE



simple and tasty ways:

- Add lentils to any soup or stew recipe for extra nutrients and fiber.
- Precook lentils, and keep them in the refrigerator for a quick protein source.
- Use lentils instead of beans in any recipe.
- Make a lentil dip by smashing cooked lentils with a fork and adding garlic, onion, chili powder, and chopped tomatoes.

For a vegetarian meal that includes all the essential amino acids, lentils over rice fits the bill. No one plant contains all of the amino acids to create complete protein source. However, when you pair two plant-protein sources together such as rice and lentils, the two provide all of the amino acids to create a complete source of protein. They also taste delicious together, as well.

Those who have avoided beans because of difficulty in digesting them may find lentils more to their liking, as lentils are more easily digested than beans.

This power packed, tasty, little superfood deserves a place in the pantry of all health conscious persons.

~John Mauro

*Note: Our church health committee has not been able to hold in person healthy lifestyle seminars due to the restrictions imposed by the corona virus. We dare not hide or hinder the wonderful health message that the Lord has graciously given to our church, and we hope to resume "live" seminars when such restrictions are removed.*



# Natural Remedies for Colds, Flu, and Chest Congestion

## Remedy #1

**2 pink grapefruit, peel and all**  
**1 lemon**  
**1 orange**  
**2 whole heads garlic (not cloves)**

Wash / scrub fruit thoroughly. Chop all ingredients (do not peel) into thumb-sized wedges. Place in 6 cups pure water and bring to a boil. As soon as it comes to a boil, turn down heat and simmer exactly 20 minutes. Cool enough to handle, strain entire mixture and drink entire six cups right away.

Put on longjohns (or equivalent) plus wool socks. If electric blanket is available, pre-heat the bed; turn off heat before getting into bed. Lie in bed between cotton sheets covered with plastic sheet or drop cloth on top and bottom to keep bed dry. Stay in bed and sweat as long as possible, then take a hot shower (as hot as you can stand it). Dry off immediately to avoid chilling. Put clean, dry pajamas on, get back into a clean dry bed, and prepare to awaken the next morning free of symptoms.

*Note: This remedy has been passed down by a Naturopathic doctor and has proven to be very effective in a number of cases. (Repeat next day if necessary).*

## Remedy #2

**3 lemons**  
**1 orange**  
**4 cups pineapple juice or 1/2 of a pineapple**  
**1 inch of ginger**  
**1 bulb of garlic**  
**1/8 tsp 90,000 heat units of cayenne**

Drink 1 cup before bed for preventative.

Drink 3/4 cup at least 3 times throughout the day for symptoms.

*~Faith on the Line magazine, Spring 2021*



*"Education in health principles was never more needed than now...Our artificial civilization is encouraging evils destructive of sound principles...A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience so they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthy habits..."*

*"People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease... But in most cases the drug only changes the form and location of the disease... By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing..."*

*"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthy conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system."*

*"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them."*

*~E. G. White, Ministry of Healing, pp 126-128*





# "Asset" or "Liability" – A Story of Two Families



Even if you haven't been able to get a place in the country yet, start developing skills, collecting key equipment items, and learning how to do things without electricity or fossil fuels. It might be helpful to think: Are we going to be an "Asset" or a "Liability" to the group God connects us with? To illustrate this concept, let's contrast two different families who are still living in the same large city at the time of the first national Sunday law in the U.S.A. Remember, this law marks the beginning of the Time of Trouble and is our signal to flee the large cities, (see *Matthew 24:15-21*, *Luke 21:20-21*, and *Testimonies for the Church Vol. 5*, pages 464-465).

This will probably happen before we are not able to buy or sell, so we will picture both families still being able to buy gas and flee from the city in their vehicles. For the purpose of our illustration, both of these families also know a third family that already lives in the country. This third family has generously "invited" both of these families to come to their place if they don't have anywhere else to go when it's time to flee. They have also extended this same "invitation" to several other believers.

Like Lot and his family, the first family in our illustration hasn't prepared. When they reluctantly realized that it was time to flee —NOW!— they just grabbed a few personal items, got in their car and drove off, (probably repeating *Matthew 24:17-18* to

themselves). When they "showed up" at the third family's property, a place had to be found for them to stay. Since there were several others who had already accepted the third family's "invitation," the first family ended up "living" in a corner of the already overcrowded small farmhouse's living room. By that time, it was late in the day so everyone worked to scrounge up some bedding for them to sleep with.

In the morning, everyone had a hearty breakfast but the wife of the third family was overheard saying, "With this group, the food we have here won't last long." After breakfast, there was a group meeting during which chores for the day were assigned.

But, the first family in our illustration had to be shown how to use the tools in the garden and orchard, how to safely cut firewood and, because they had frequently eaten out, they even had to learn how to prepare

food "from scratch." So, everything actually took longer to get done.

Often they were tempted to complain about the "sub-standard" living conditions, the dirt, and the bugs. Because they were not used to physical labor, it was definitely a challenge for them just to do their part of the workload. Their inclination toward laziness together with their somewhat negative attitude tried the patience of the rest of the group. However, as loving brothers and sisters in Jesus, they were willing to work with them and help them grow.

Their lack of preparation in all these areas definitely put additional strain on the already limited resources, as well as on the social and spiritual structure of the group. Because they had to be provided with even their basic necessities, because of their lack of practical skills and because of their attitudes towards work and discomfort, they would have been a "Liability."

On the other hand, like Noah and his family, the second family in our illustration did prepare. Although they had not been able to purchase country property of their own, they still did what they could. As they thought and prayed about their situation, they realized that when they had to flee they would probably be going to someone else's place in the country, and they determined that when they got there they would be an "Asset" rather than a "Liability."

**"WISE PEOPLE FORESEE  
TROUBLE COMING AND  
AVOID IT. BUT  
FOOLISH PEOPLE  
KEEP GOING  
& SUFFER."  
PROVERBS 22:3**





They lived in a second story apartment, so they didn't have any yard. But they still wanted to get some experience "raising their own provisions." So, after thinking and praying about it, they started growing some simple vegetables in a couple of pots on their small balcony deck. Soon, their deck was crowded with as many containers as they could fit on it. They even had a dwarf fruit tree.

Realizing that "Shelter" is the #1 Priority, they concluded that if they were going to truly be an "Asset" they would somehow have to provide their own shelter. If not, they would have to depend on someone else for something to live in. Bringing their own shelter to stay in would contribute more toward them being an "Asset" than anything else. So, they prayed and did some research on various shelter options.

The first thing they thought of was to get an RV. Electricity for the electrical components could be provided by a simple solar panel set up. However, for heating and cooking, RVs are dependant on propane, which must be purchased. So, after they were no longer able to buy or sell they wouldn't have any heat, neither would they be able to cook indoors. Possibly, they could install a wood burning stove. But, the floor plans of most RVs simply don't allow for that. Besides, realistically, the smallish vehicle they already had would not be able to tow a travel trailer, and they could not afford a larger tow vehicle or motor home. So, they ruled out getting an RV.

After doing more research, they discovered that there are people living year around, even in Northern Canada and Alaska, in canvas wall tents. These tents come with a "stove jack," which allow a wood stove to be set up inside them. Before about the 1930s, these types of tents were common, and there are several references to this type of tent in Ellen White's writings. They were regularly used in the early mining and lumber camps, where people needed a warm dry place to stay starting with their first night in a remote area. In time, many of the miners and lumbermen would make a wooden floor platform with a "knee wall" to set their tent up on. Then, by adding roofing, and siding, etc., step by step as they were able, these tents could be turned into a cabin. Compared

to modern tents made of synthetic materials, these tents are much more durable and warmer. They also come in many sizes. A tent would be considerably less expensive, and more easily transported than an RV. So, the family decided to purchase a canvas wall tent with a "stove jack," and a small wood burning "tent stove" to go with it.

To practice living the "no buy / no sell" lifestyle, they regularly went camping. On these trips, they spent time in nature, practiced cooking on a wood fire, and became familiar with how to make life work without electricity or gas. From the experience they gained while camping, they realized the need for other key equipment items, such as: rugged clothing, good bedding, containers for water, a large washbasin, a folding table, a small axe, a bow saw, and a shovel.



They soon realized that there wouldn't be room for themselves and all this gear in their smallish vehicle. When they actually had to flee they would want to take even more than what they took when they went camping. So they thought and prayed about what they should do. A few days later, they noticed a motorcycle pulling a small trailer, and realized that even with their small car, there were small inexpensive utility trailers that they could tow even with their vehicle. So they worked toward having a trailer hitch installed on their car, and bought one of these trailers.

As they recognized the nearness of the time to flee, they began in earnest to collect some of the other equipment items that they didn't already have: a hand-cranked grain grinder, a wash tub, a wheelbarrow, and a crosscut saw. Because storage space was limited in their apartment, they made an organized pile of gear in one corner of their living room. These things, along with their personal items, were kept ready to go, so they could quickly load up the car and trailer, and head out of

town when the time came to leave.

By this time they had also already made several visits to the third family's property. While there, they would help with whatever needed to be done on the homestead and share spiritually with the third family. On one of these visits, as they talked with the third family, it was decided that they should pick out a spot for their camp. So, together with the third family, they picked out a spot, trimmed the trees and bushes in the area, leveled out a pad for their tent, and cut and stacked some firewood.

When the time came to flee, they loaded up their car and trailer, and drove out of the city. Once they "showed up" at the third family's property, they simply "checked in" with them, then drove over to their spot. As they put up their tent, set up the wood stove, brought in the folding table, unfolded their cots and rolled out the sleeping mats, spread out their sleeping bags, brought in the boxes of food and utensils, and the duffles with their clothing, everyone in the family helped—even the children. They all knew just what to do, and just where everything needed to go.

Although their tent wasn't large, they had a warm, dry place to live. They had their own adequate clothing and bedding. In many ways they were better off than those at the house. At the very least they had their own privacy as a family.

Since they had brought their own equipment, they were able to haul their own water, bathe themselves, wash their own clothes, cut their own firewood, and cook their own food. They were also able to pitch right in with the work that needed to be done in garden, orchard, and grain field. The wheelbarrow they brought was a great blessing to everyone, hauling produce from the garden, biomass to the compost pile, and firewood to and from the woodpiles.

As they saw the crowded conditions at the house, they shared much of the stores of food they had brought with them. They had learned to sew as a part of their preparations, and bought a hand-cranked sewing machine. So when they noticed that there was quite a bit of clothing being shared among the group, they were able to help alter some of the clothing so it would fit the person who was wearing it better. They had also learned a bit



(Asset or Liability, continued from page 9)

about construction and brought some basic construction tools. So, when one of the other people in the group was able to get some lumber, they were able to help build a couple small cabins to relieve the overcrowding at the house, and make a wood floor for their own tent.

Because they were missionary minded, they helped to organize the group's evangelistic team that would go to visit and share the endtime gospel message with the neighbors, the nearby country community, and even the city they had left behind. They had also studied "medical missionary work." So whenever someone in the group, or one of the neighbors, or someone the evangelistic team contacted became injured or sick, they were able to help.

During their earlier study of the prophecies, they had recognized the need to be able to "endure to the end" (see Matthew 24:13) and began looking at the end-time scene as a whole. In doing so, they realized that in addition to fleeing from the cities to the country at the first national Sunday law, they also needed to be prepared to flee to the "most desolate and solitary places" in response to the Death Decree shortly after the Seven Last Plagues began to be poured out. (See Great Controversy, page 626, 627-628, and Early Writings, pages 36-37.) As a result, they had started learning about wilderness survival. From that time on, they would learn and practice bushcraft skills in the evenings and on their camping trips. As a family, they had even gone

on a couple "survival trips", taking only minimal basic gear for practice. This knowledge and experience enabled them to teach the rest of the group about wild edible plants and other wilderness skills in preparation for when they would all have to leave the country property and flee to the wilderness.

Due to their own research and previous visits to the third family's homestead, they knew life in the country would be a lot of hard work. Because of their diligent study and belief in the end-time prophecies, they were also diligent about their preparations. They collected necessary equipment. They practiced as much as they could by growing their container garden, going camping, and learning skills in the evenings. The time and effort they put into these activities, together with their Christian attitudes in general, helped to develop in them a willingness to work, and the group never heard any of them complain, even their children.

This second family had prepared as much as they were able. They were set up not only to be able to take care of themselves, but also to be a blessing to others. From their others-centered focus in life, and their seriousness about preparing for the things we have been "divinely warned" about, it was obvious that Jesus was living in their hearts. Their faith was made evident by their works. This second family was definitely an "Asset!" Everyone in the group was glad they were there.

~Jim Buller (used by permission)

# KIDS CORNER

## WILDERNESS SURVIVAL

Fill in the blanks in the puzzle with the names of the equipment pictured. After reading the story on page 8, your family may want to put together survival packs. Start with the essential items as shown here. You may think of more things to add. Be sure to test all your equipment. With an adult, practice skills like purifying water, learning practical knots, starting a fire without matches or lighter, dehydrating food, and using a tarp to construct a shelter.

W I S E   P E O P L E   F O R E S E E   T R O U B L E   C O M I N G   A N D   A V O I D   I T



Food



Water Bottle



Adequate Clothing



Bedding



Tarp



Scarf



Cordage

B U T   F O O L I S H   P E O P L E   K E E P   G O I N G   A N D   S U F F E R



Cook Pot



Knife



Fire Starter



Pack



# FAMILY PORTRAITS:

## SHIRLEEN POWELL

BY GINNY FROST



Shirleen Powell completed the family of six children when she was born here in Grants Pass. They lived close enough to the church that her mother would load Shirleen into the baby buggy and they would all walk to church on Sabbath. Since there was an 18-year difference between the oldest child and the youngest, Shirleen's oldest siblings were moving out to be on their own about the time she came along. She was born into an Adventist family, but unfortunately her parent's marriage ended when Shirleen was quite young. Though her mother remarried, it was only a few years later that her husband died, leaving her with four children to raise on her own.

The family moved to Santa Cruz, CA, when Shirleen was three years old and that is where she grew up. They attended the Soquel SDA Church and, if there was something happening in the church or the school, the family was there either helping out or participating in the activities.

She was baptized in that church when she was ten years old, with a couple of her friends. Shirleen remembers Pathfinders as one of the highlights in her life, with activities like Sabbath afternoon potlucks and hiking being among her favorites.

After attending Virgil Hauselt Memorial Junior Academy in Santa Cruz for her first ten years of schooling, she finished her last two years at Monterey Bay Academy. It was while she was at MBA that she began experimenting with drugs and alcohol. Not long before her graduation, she and some friends were caught sneaking back into the dorm after being off campus without permission, and as punishment they were not allowed to participate in the graduation weekend activities, except for commencement.

By the time she graduated from MBA, she had left the church and the Christian life behind. Over the course of the next 40 years, she "wandered" in her own "Wilderness of Sin" living life without God. During much of that time, she was steeped in the world of drugs and alcohol. She realizes now that the Lord

saved her life many times, but at the time she just thought she was "lucky" or had "dodged the bullet."

During that time her daughter was born but, being unable to take care of her properly, Shirleen let her live with and be raised by her grandmother. She was in and out of her daughter's life during those years and regrets that she missed out on many of the milestones that parents look forward to participating in.

But God pursued Shirleen, even when she was unaware of His presence. Before coming back to her faith roots, Shirleen began recovery from her destructive habits. It was during this time that her son was born. As is often the case, there were times of relapse and having to start over again. She joined AA (Alcoholics Anonymous) and became very involved with the program and the various activities they offered, but eventually realized that if she was serious *(continued on page 11)*



about making a change, she would need to leave her old life and the "friends" that were not helping her stay sober. So she left Santa Cruz and moved to the Portland area. A few years later she moved back to California, first to Modesto and later to Sacramento.

One of the steps in AA is to submit to a "higher power". She knew that God was truly the only higher power that was valid but tried to fill that void in her life with other options. She experimented with different faith systems, including Native American beliefs about nature and animals. She also tried going to different Sunday churches with friends, but whenever she heard anything that differed from SDA beliefs she just couldn't go along with it. Through all the time she was away from the church, she still believed that what she had been taught through her early years was the truth.

While she was living in Sacramento, she had an experience that was the catalyst for returning to the church of

her childhood. On the morning of January 1, 2000, she didn't wake up. Both her young son and a friend of his were at the house at the time and they didn't know if she was dead or alive. Another friend, who was also with her, managed to finally rouse her, saving her life. At that point she said out loud, "I'm done." She knew that those were not her words, but that the Holy Spirit had spoken to her heart and helped her make that decision. She celebrated her 21<sup>st</sup> year of sobriety this year!

She found a small Adventist church of about 35 members nearby in Rio Linda, CA and began attending there. They were a very friendly group and included her in all the church activities like fellowship meals and social outings. She was rebaptized while she was there and got involved in some of the church positions that needed help.



decided that she wanted to return to the "land of her birth" and since her sister, Wanda, and husband, Wendell, were living here, they helped her relocate.

She has become involved in some of our church ministries such as the library and Dorcas. She was especially thrilled to find that there was a very active Community Services program here as she had fond memories of the "quilting ladies" who used to help out in Dorcas when she was little and she would go with her mother when she went to help out there. She finds the work of helping those in need very fulfilling. She is also looking forward to the fellowship meals starting up again.

When Covid shut things down last year there were no services at her church so she joined in the Zoom Sabbath School classes with Les Derfler's class. She eventually

During the last few weeks Shirleen has felt the Holy Spirit speaking to heart and giving her a greater interest in Bible study. Her story of how God is working in her life is still being written as she knows the Lord isn't finished with her yet. She is an example of God's patient persistence in searching for and finding his "lost sheep". He never gives up on us and heaven is rejoicing over one who has returned.

~ Ginny Frost





# Pastor's Page



## THE PRODIGAL RETURNS

Robert Robinson, a poor orphan, wandered from place to place, never calling anywhere home until one night the Holy Spirit led him into a tent meeting. The preacher, the great evangelist George Whitefield, preached on the subject of Jesus' love for sinners.

Robert's heart was touched. He was baptized, enrolled in a ministerial college, and graduated as a Methodist minister. In 1758, at the age of 23, Robert wrote the words to the hymn: "Come, Thou Fount of Every Blessing." The poem was published.

Years passed, and Robert drifted away from his calling as a minister and from his Savior. One day he found himself traveling in a stagecoach with a Christian woman who insisted on talking with him about God. Feeling especially low, he tried to avoid speaking to her, but she persisted.

"You really should hear the words to this incredible poem I found. She read the poem to him, not realizing that he was the man who had written it years earlier.

When the woman had finished reading. Robert tried to change the subject. But, the woman raved on about the poem and its beautiful message.

Finally in exasperation, Robert blurted out, "Madam, I know the words to the poem quite well. I am the poor, unhappy man who composed that hymn many years ago, and I would give a thousand worlds if I could enjoy the feelings I felt then."

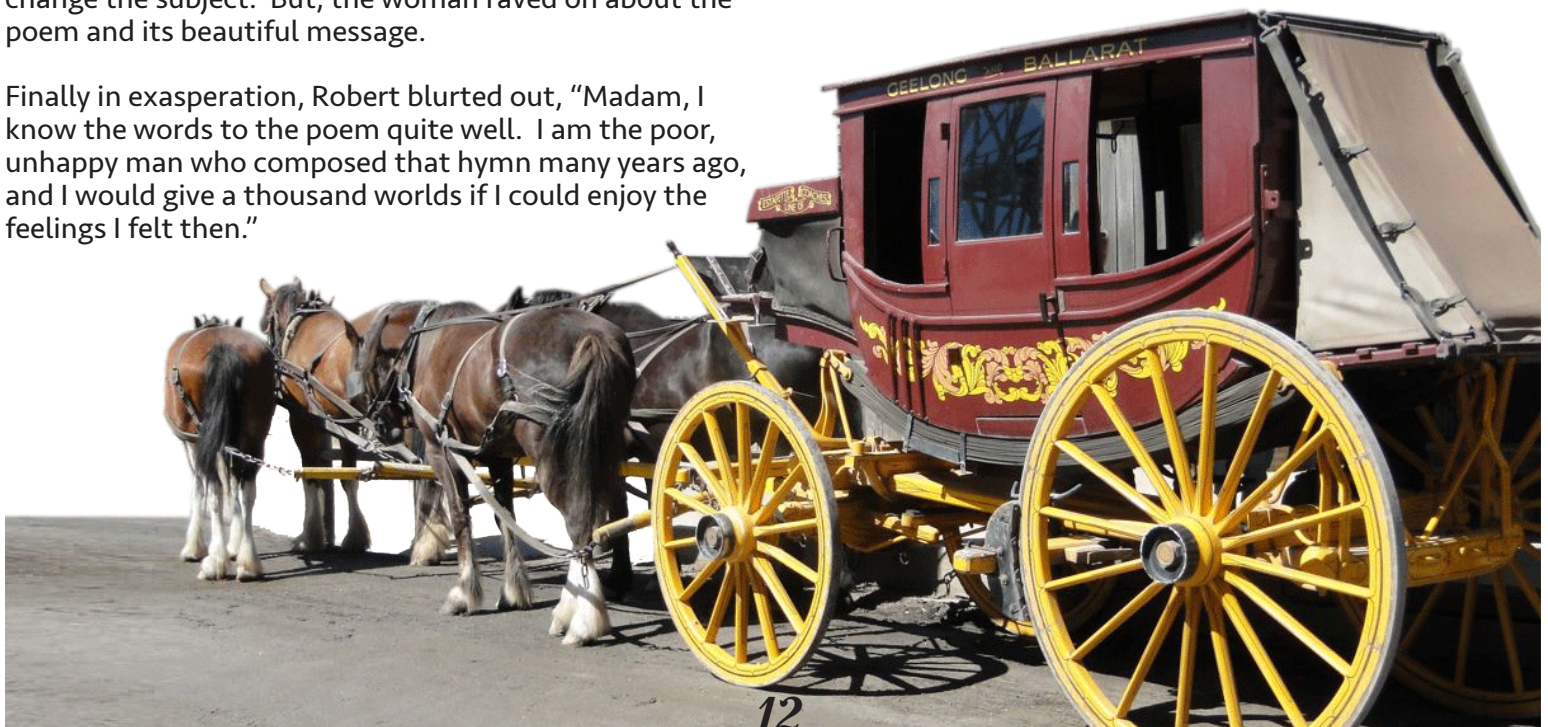
Stunned by Robert's confession, the woman dared not speak again for the rest of the trip. By the time the stagecoach arrived at its destination, the Holy Spirit had returned to Robert's heart. Robert Robinson served his Lord from that day until his death in 1790.

*O, to grace how great a debtor  
Daily I'm constrained to be!  
Let Thy goodness, like a fetter  
Bind me closer still to Thee  
Prone to wander, Lord, I feel it  
Prone to leave the God I love  
Here's my heart — O, take & seal it  
Seal it for Thy courts above.*

Do you ever feel out of tune with Jesus? You will again and again until you finally discover that no matter what you do or how discouraged you may feel, God is standing by, eagerly waiting for you to return to Him once more.  
~author unknown

*"Return to me, and I will  
return to you," says the LORD  
Almighty..." Malachi 3:7 NIV*

~ Pastor Charles Byrd







2021

# September

"While the earth remains, seedtime and harvest, cold and heat, winter and summer, and day and night shall not cease." Genesis 8:22 NKJV

*Happy Birthday*

Jeff Dale	1	Freddie Smith	5
Bonnie Day	2	Havilah Beasley	5
Ruth Driggers	2	James Bigginton	6
Xavier Alarid	2	Julie Bohlman	6
Bill Herndon	3	Becky Kruger	6
Melissa Derfler	3	Heidi Romero	8
Cyndi Gatt	5	Lou Karen	8
Ed Ermshar	5	Ronald Rau	8
		Mitt Dietrich	9
		Rosemarie Gaio	9

Sean O'Reilly	9
Charise Cray	10
Sue Betz	10
Ken Johnson	11
Gayle Sorensen	11
Margaret Crow	11
Cael Hackett	12
Jerry Lewis	12
Hannah Kistler	12
Rebecca Schmidt	14
Bill Pirelli	14
Paula Wilson	14
Michael Covrig	15
Phyllis Pierson	16
Zoey Durham	17
Emma Grove	18
Marta Davis	19
Cassidy Sharp	20
Desiree Mourning	20
Lee Spencer	20
Jordyn Davila	21
Bobby Werner	22
Eric Wytcherley	22
George Geer	22
Hushai Cothran	22
Paul Baydala	22
Sofia Baydala	22
Aaliyah Affleck	23
Abe Gaio	23
Cleo Allen	23
Charles Werner	24
Marianne McFeeters	24
Sarita Arras	25
Andrew Romero	26
Karen Breyer	26
Richard Davis	26
Shelly Beaudin	26
Maisie Gillen	27
Mary Ewing	27
Krysta Heidinger	28
Micah Cothran	28
Michael Shenk	28
Stacy Kainer	28
Carmen Bartow	29
Bridget Simmons	29
Henry Martin	30

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SABBATH

Events may have been changed or added; please check:

<https://www.grantspasschurch.com/calendar/>  
and ANNOUNCEMENT PAGE



1

7:00 pm Prayer Meeting (via ZOOM)

2

9:30 am-1:30 pm Thrift Store  
3-6:00 pm Veggie Food Store

3

6:30 pm Men's Ministry  
Growth Seminar  
(Sanctuary - Men only)

Sunset 7:43 pm 🌅

4

9:30 am SS Classes  
10:50 am Church Worship  
Service: Pastor Byrd

Sunset 7:41 pm 🌅

5

6

**WE WILL BE CLOSED**  
**LABOR DAY**

7:00 pm Praise, Prayer, and Promises (Zoom)

7

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)

8

11:30 am Red Cross  
Blood Drive (MP room)

7:00 pm Prayer Meeting (via ZOOM)

9

9:30 am-1:30 pm Thrift Store  
3-6:00 pm Veggie Food Store

10

Sunset 7:31 pm 🌅

11

9:30 am SS Classes  
10:50 am Church Worship  
Service: Pastor Daniel

Sunset 7:29 pm 🌅

12



13

9:30 am-1:30 pm Thrift Store  
7:00 pm Praise, Prayer, and Promises (Zoom)

14

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)

15

12:00 pm Single Ladies' Lunch Bunch  
Hunan Garden, address: 929 NE D St.

7:00 pm Prayer Meeting (via ZOOM)

16

9:30 am-1:30 pm Thrift Store  
3-6:00 pm Veggie Food Store

17

Sunset 7:18 pm 🌅

18

9:30 am SS Classes  
10:50 am Church Worship  
Service: New Hearts 4 Christ

Sunset 7:16 pm 🌅

19

20

9:30 am-1:30 pm Thrift Store  
7:00 pm Praise, Prayer, and Promises (Zoom)

21

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)  
6:00 pm Finance Board (Zoom)  
7:00 pm Church Board (Zoom)

22

NEWSLETTER DEADLINE

7:00 pm Prayer Meeting (via ZOOM)

23

9:30 am-1:30 pm Thrift Store  
3-6:00 pm Veggie Food Store

24

Sunset 7:06 pm 🌅

25

9:30 am SS Classes  
10:50 am Church Worship

Sunset 7:04 pm 🌅

26

27

9:30 am-1:30 pm Thrift Store  
7:00 pm Praise, Prayer, and Promises (Zoom)

28

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)

29

7:00 pm Prayer Meeting (via ZOOM)

30

9:30 am-1:30 pm Thrift Store  
3-6:00 pm Veggie Food Store

