



SEVENTH-DAY
ADVENTIST
CHURCH

Home Living Center
BIBLICAL TEACHING

November 2021

NEWS 'n VIEWS

from the Grants Pass Seventh-day Adventist Church

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Friends, Food, & Fellowship at MacPhee/Peterson's Ranch



A lovely Sabbath afternoon was enjoyed by all at the MacPhee and Peterson ranch October 16, in Sunny Valley. Walter, Sylvia, and Joan generously shared their hospitality and the weather cooperated too. There was a beautiful praise & worship service by Pastor Kip Bradford and music team from our local churches. The social committee did a lovely job of fall decorating. Delicious homemade food and veggie hot dogs were in abundance. Friends shared good conversation and the younger ones enjoyed woodland trail rides as Joan pulled them in a little trailer behind her quad. Thank you to all who made this enjoyable event possible! ~Melissa Derfler

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From the Editor

Have you noticed the emphasis, in our recent newsletters, on righteousness by faith? We are told that the acceptance of this message, (rejected in 1888), will cause "a revival of primitive godliness heretofore unknown" and Satan's "power will be broken"! (GW 103 old ed) "If through the grace of Christ His people will become new bottles, He will fill them with new wine. God will give additional light, and old truths will be recovered and replaced in the framework of truth." (EGW, RH 12/23/1890) While Satan is working "with masterly power to bring in fanaticism on one hand and cold formalism on the other" (Spec. Test. A, vol 1, 64), this message is "the beginning of the light of the angel whose glory shall fill the whole earth". (RH 11/22/1892) This is exciting news! What WAS this message? Why was Ellen White so excited about it? Why was it rejected? And how can it prepare us for Jesus SOON coming? I want to find out, don't you? Blessings, *Melissa*



I want to thank my church family for all the help and prayers during the last few weeks, with my husband who died due to the COVID and Agent Orange side-effects. Thanks to all the deaconesses for all the food. Also thanks for the cards and the flowers. ~Rema Roberts

AT REST

Henry Martin (October 7)
Marla Aaron (October 14)
Shirley Stevens (October 20)

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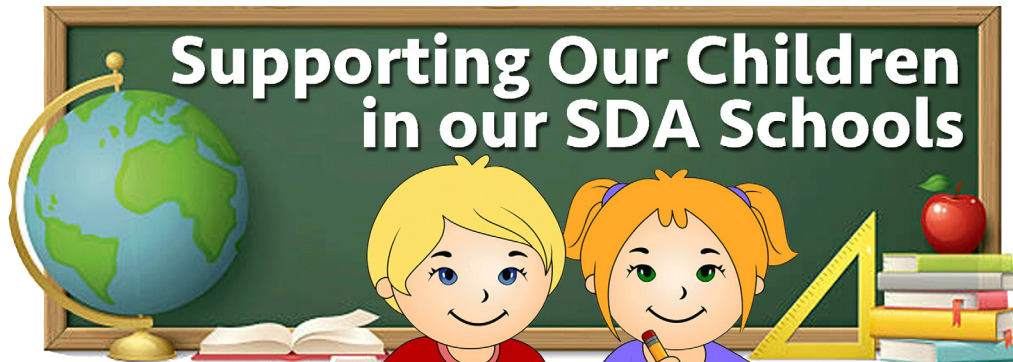


•Vaccine Exemptions
•Legal Defense
•Resources



Liberty and Health Alliance
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LibertyAndHealth.org



This article will help to understand how donations to our school, given through the church, are spent. All of these items can be written in on your tithe envelope.

Student Aid

Student Aid is allocated for church members who request financial aid for their student(s) and who meet the requirements to receive it. Generally, this is \$100 per month per non-college grade student for 10 or 11 months. Currently, the GP Church is paying for 14 students at our local GP school, 5 students at Milo, and 1 student at RVAA. For college students who meet the requirements, the GP Church also pays a matching fund of \$500 per student (one-time payment per year up to 4 years), for 4 students at Walla Walla.

School Subsidy

School Subsidy is what our church pays monthly to the school, mainly based on a tithe-based formula from the local school's constituent churches. This School Subsidy helps the school's operating expenses, including salaries. This is paid every month (even when school is not in session), and makes up 44% (almost half!) of our church budget. In July of each year, the subsidy is generally increased based on the school's operating expenses for the upcoming school year's enrollment. This is why our Church Business Meeting is held in the later part of the year to compensate for any changes in the school. Our current school subsidy is \$9,657 per month.

Care Fund

The Care Fund goes straight to the school and is used for unallocated student aid. Funds are determined by the school to be used for any student who needs financial aid, whether he/she is an Adventist or not. This money can only be used for students' tuition and nothing else.

Church School Fund

When you give to the Church School Fund this goes

straight to the school

and is used at the discretion of the school for whatever it needs, such as operating expenses, salaries, or anything else.

Lamb's Offering

The Lamb's Offering is the cash that the children pick up before the Children's Story each week. This money goes into the "Student Aid" fund. Because we just started a new school year, here is the current financial snapshot of the Grants Pass Church's role in supporting our local Grants Pass SDA School, beginning in August of 2021, through July of 2022:

Grants Pass School: 14 students x \$100 x 11 months = \$15,400.

Rogue Valley Adventist Academy: 1 student x \$100 x 10 months = \$1,000.

Milo Academy: 5 students \$100 x 10 months = \$5,000.

Walla Walla University: 4 students x \$500 = \$2,000.

School Subsidy: \$9,657 x 12 months = \$115,886.

Grand total for the year: \$139,286, which is approximately \$11,607 per month.

Please note: There is also a **Student Sponsor Fund** where one can donate to sponsor a specific student when, even after all the financial aid available has been applied, the family still cannot afford the payments. If you would like to help sponsor a student(s), please contact the school directly, as it cannot go through the church.

Your continued and systematic giving is greatly appreciated for all involved. Thank you for giving and supporting Christian education.

~Kii Morse, for the Finance Committee

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KIDZ KORNER

In the puzzle, find & highlight these words:

God Jesus
Throne Lions
Rainbow Wings
Angels Mansions
Flowers Tree of Life
Fruit River of Life
Streets of Gold
New Jerusalem



Editor's Note: This article may or may not reflect your or my theology. However, it is presented as a **personal testimony**. Last month, your comments on the article, "God's Work in Righteousness By Faith" were solicited. We continue to invite your thoughts and input on Righteousness By Faith. This important subject deserves our intense study and understanding. See **From the Editor**, previous page.

PERSONAL TESTIMONY

Today I want to share with you a little bit about my Christian walk. I was born into an Adventist home and while it was by no means perfect, in general, it was a healthy and blessed home to be raised in. I was thoroughly educated in the Adventist way and I truly wanted to follow Jesus. At an early age I was baptized. And I was either home schooled or went through our denominational schools through post graduate school. My friends in grade school and high school called me a "goodie, goodie" because from their perspective I was a "holier than thou" individual.

As the years and decades rolled on, I began observing a very disturbing fact. I had some bad habits and try as I would, they were not going away. It got to the point that 10 yrs later, I could look back and see that I was struggling with the very same issues. And this was despite trying hard to follow the right pathway, praying earnestly, going to church, studying my lessons, etc etc. So I began to ask why this was? What was the problem? And I would try harder but to no avail. Being an honest person and not too afraid to ask questions, I eventually dared to confront myself with the reality that EITHER THE GOSPEL WAS IMPOTENT, POWERLESS, AND NOT WHAT I HAD BEEN TAUGHT OR MY UNDERSTANDING OF THE GOSPEL WAS WOEFULLY INADEQUATE OR FRANKLY WRONG. After all, is not the gospel supposed to change our lives? Is it not supposed to be powerful?

Well the decades rolled on and eventually I joined a small group from acquaintances in the Grants Pass Church. And in our small group we began studying righteousness by faith. And to my amazement, despite being a baptized, schooled, seasoned, confirmed Seventh-day Adventist, I began to realize I did not understand the ABC's of the gospel. I began to realize that "trying" to do right would ALWAYS result in failure. Now you must realize, EVERYTHING in life had taught me the exact opposite. EVERYTHING in life had taught me that "trying" would lead to success. By "trying" hard, I got good grades. By "trying" hard, I got into medical school. By "trying" hard, I got through medical school. By "trying" hard, I could be a successful physician. But now I was realizing something different, by "trying" hard, I could NOT be a better person. By "trying" hard, I could NOT overcome the evil habits in my life. Here I had to admit defeat. Here "trying" hard was not working.

What is a person to do when what has worked for them all their life, doesn't work anymore? Where to go? What to do? Who to turn to?

Well fortunately there is good news. Really, really good news! The truth is, I should NOT EVEN TRY to do good. Now please don't misunderstand me. I am NOT saying we have nothing

to do. We do have something to do. But our part is NOT to TRY to be good. So I know this sounds like heresy. But hang on--the concept actually comes straight from Scripture. The Bible says the leopard cannot change his spots and goes on to say we cannot change our sinful self. The Bible says we who are accustomed to doing evil, cannot do good.

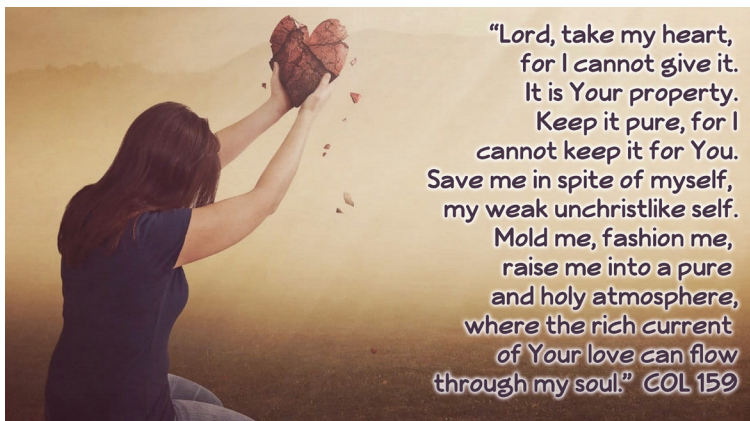
So if we believe the Bible, we should realize that we CANNOT do good. Well then what should we do? What can we do? As it turns out about the only thing we can do is to remember, to dwell on, to think about, to be thankful for, to accept all that God has done for us through His Son, Jesus. As we realize that Christ has taken our condemnation, as we meditate on the fact that Christ has taken our sins, as we rejoice that Christ has already won the battle over our evil habits for us, as we are amazed that Christ loves us not only when we follow Him but also when we walk away from Him (Mark 10:21-22; Rom. 5:8), something supernatural happens within us. DIVINITY LIVES IN HUMANITY (John 15:4; Eph. 3:17-20). And when divinity lives in humanity, guess what? DIVINITY NOW CONTROLS YOUR WORDS, YOUR ACTIONS, YOUR THOUGHTS (Phil. 2:5). AND NOW WITHOUT EVEN "TRYING", YOUR OLD SINFUL HABITS ARE NO LONGER "YOUR" OLD SINFUL HABITS (2 Corinthians 5:17). BECAUSE NOW GOD IS LIVING IN YOU AND DOING WHAT "HE" WANTS YOU TO DO.

So what is our role? What are we to "try" to do? Our role is to focus on Jesus (Ps. 17:15; 2 Cor. 3:18). Our role is to be grateful and thankful for what He has done for us (Ps. 100:4; Phil. 4:4). Our role is to meditate on His phenomenal gifts to us (Ps. 77:12). And guess what. This is not easy. In fact this can be very difficult. This will require lots of "trying". The devil will do everything he can to keep us from this. But this IS the battle that is ours to fight.

So quit "trying" to do right, to overcome, to change your evil ways, to change your heart. I am here to tell you, you can't do it. You won't be successful. "You cannot change your heart, you cannot of yourself give to God its affections; but you can choose to serve Him. You can give Him your will; He will then work in you to will and to do according to His good pleasure. Thus your whole nature will be brought under the control of the Spirit of Christ; your affections will be centered upon Him, your thoughts will be in harmony with Him." SC 47. Instead remember the goodness of God, study the benefits of what Christ has really given us, accept the gifts Christ is so anxious to give, practice thankfulness etc.

Do you struggle with anxiety? Do you struggle with overeating? Do you struggle with impure thoughts? Do you struggle with depression? Do you struggle with insomnia? Based on the patients I see in my office, I suspect most of the church can personally identify with one or more of these health issues. So doctors can prescribe antidepressants, antianxiety agents, appetite suppressants and sleep aids to name a few. But guess what? None of those things fix the underlying problem. They only patch it! And to be sure, a patch can be a really good thing. For instance; If I am in the middle of the Sahara desert and I have a flat tire, I am mighty glad for a patch. But I don't want to live on the patch for the rest of my life. What I really want is a new tire. And in the spiritual domain what I really want is a new heart. And that only comes from God! And your part is to gratefully accept it and meditate on what God has done for you through the gift of Jesus. And then Jesus will do HIS will in you and you will notice marked changes.

~Dr. Wendell Heidering, edited by Alta Austin



My Dream

To those who are facing heavy burdens and want to give up...

Perhaps my experience will help you during these times which will try men's souls. I feel that my days are now numbered on this journey through life. With God's help throughout my life of 89 years, I have vowed to uphold the King James Bible, the pioneer values of our early leaders, and the historical and fundamental place of the Spirit of Prophecy in the church, both past and present.

We often deviate from the path of righteousness because we are weak human beings, nevertheless, God still calls us back because we are special to Him. When I was going through my trial with the school district I remember hearing the voice of my angel say, to me: *"But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people."* 1 Peter 2:9. What a blessing my angel gave me that night when I was in deep distress over my dismissal from teaching.

Very few people have heard my dream of the Heavenly City, the New Jerusalem. My wife Joan has heard it several times, and when she was only hours from passing, I held her hand, put my mouth to her ear, and once more related that dream to her. So for such a time as this we have this great hope in our Lord Jesus Christ, our Saviour, our Friend, and our Companion, and the angels sent from Him to guard our steps and our very lives in this hour of our probation on this earth.

This dream came to me when I was eighteen, while living in Long Beach, California. I was a senior attending Lynwood Academy, asking God for His direction in my life, and what He would have me to do with my life. My dear mother, was a special duty RN who worked nights 11:00 p.m. to 7:00 a.m. In those days it was an 8-hour shift.

It was very early in the morning when I was given the dream of the Heavenly City, the New Jerusalem. I was well aware of my own accompanying angel who was dressed in pure white garments and stood on my left side on top of the transparent walls of the city. The scene before me was a scene of brightness, pure brightness, so bright pen cannot describe the brightness. The angel just pointed to the things that God has prepared for His redeemed ones, without saying a word. I followed his pointing first to the streets of gold. My eyes were accommodating every scene. My eyes could focus far far distances and bring them up close, or short distances such as flowers and bring them up close. So I was able to focus miles and miles and see far beyond human vision. When the angel pointed to the throne of God I was able to see the throne, with the rainbow over it in all its splendor. When the angel pointed to the pure river flowing from the throne, my eyes took it all in. My angel pointed to the two trees on either side of the river of life, bearing twelve manner of fruit, for they were huge trees that reached up and up so high, and were united at the top, perhaps taller than the tallest skyscraper man ever built. Oh, so bright, so beautiful, was the light of heaven!

The people on the sea of glass were like the smallest ants, for the sea of glass was so vast in scope. Remember the city is as tall as the sides of it. You must think way outside the human box to appreciate what God has in store for His own. My angel pointed outside those thick transparent walls, and the rolling

green hills, living-green covered hills. As a house painter, there are so many green colors to choose from, but the green that I saw in my dream could never be duplicated in color. All I can say it was living green. I saw the flowers that never fade. As Ellen White said about the New Jerusalem, "Heaven is cheap 'enough".

I want all who read this to be there among the saved! And to think, Jesus left this glorious city to become sin for us. Remember John 14:2, *"In my Father's House are many mansions, if it were not so I would have told you, I go to prepare a place for you, and if I go and prepare a place for you, I will come again and receive you unto myself; that where I am there ye may be also."* This is a promise from one who never lies!

After seeing all that I saw, I awoke in a great sweat, for the sweat poured from my body during that dream. It was perhaps 3:00 a.m. and I needed to cool down so I dressed and went outside into the darkness, and the darkness was so great. Being near the beach on Ocean Blvd in Long Beach, I walked out past the street lights and saying, "Oh so dark, so dark, everything is so, so dark!" Even those street lights! I was near the four hundred steps which lead down to the beach below, and could hear the waves crashing on the shore and feel the cool sea breeze cooling my body down. I went back to bed and slept until my dear mother came home from work.

This dream has kept me going all my life. That is why Joan and I have passed out thousands and thousands of the full text *Great Controversy* books during our 70 years of marriage. From North Long Beach to Bellflower, to Mexico and the large cities of San Francisco, Sacramento, Berkeley, San Diego, Salt Lake City, the list goes on and on. So, never, never give up. Keep your eyes fixed on Jesus.

Joan loved all of you who are reading this, and I love you too. No matter what the devil throws at you, you can overcome through Jesus. So this is the dream I whispered in Joan's ear the night before she passed. Will you be there for that seven-day journey to be with Jesus in Heaven? In view of that dream, I will relate my quote that I placed in the 2013 La Sierra Alumni Directory some nine years ago. It sums up my experiences as well as God's leading in my life, and we should never forget the way the Lord has led us thus far. I have seen and witnessed God's judgment on those who have caused me harm, being led by demons, but that is another story, and another chapter in life's trials. May this story be a help to those who have dedicated their life to the finishing of our earthly journey with God's Three Angels Messages, is my prayer. FEAR NOT FOR TOMORROW, GOD IS ALREADY THERE! ~Chuck Thomas





John Kelly, MD, MPH, LM Specialist
Josephine Kelley, APRN, MS, CNS

NATURAL REMEDIES FOR COVID-19



"Natural means used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength." (2 Selected Messages, pg. 346)

Introduction The purpose of this article is to share some simple and yet powerful natural remedies such as hydrotherapy, herbs, and immune fortifying/ supportive supplements for COVID-19. The remedies discussed here are an adjunct to the medications and other therapies that may be prescribed by a primary care provider. The authors recognize the importance of early treatment with therapies such as monoclonal antibodies, anti-coagulants and anti-platelet agents, anti-virals, antibiotics, corticosteroids, and other medications prescribed as needed for COVID-19.

The supplements and herbs discussed in this article should be reviewed with your primary care provider to ensure there are no contraindications or interactions with other medications.

Symptoms of COVID-19 It is very important to recognize the symptoms of COVID-19 and get medical attention quickly and initiate hydrotherapy and other natural remedies as soon as possible. Symptoms typically appear 2–14 days after exposure to the virus. Symptoms may be mild to severe and include one or more of the following: fatigue, fever or chills, cough, shortness of breath or difficulty breathing, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea. If anyone is experiencing the following emergency signs for COVID-19, seek medical attention immediately: trouble breathing, persistent pain or pressure

in the chest, new onset of confusion, inability to waken or stay awake, and/or pale, gray, or blue colored skin, lips, or nail beds, depending on skin tone. (CDC, 2021).

Be Prepared. Have the supplies on hand that are mentioned in this article. It will save precious time in implementing the remedies early in the course of the infection. Additionally, purchase a pulse oximeter. This measures the saturation of oxygen in the blood or SpO2 and is an indicator of how well the lungs are functioning. This is a small device which clips onto the finger. A normal level of oxygen saturation is typically 94% - 98% at rest. Readings of 92% or lower require evaluation by a health care provider.

HYDROTHERAPY uses water in all forms, to cause physiological reactions which help to enhance the immune system, improve circulation, detoxify the body, and promote healing. Some examples of hydrotherapy treatments used for COVID-19 include: hot foot bath, fomentations for the chest (hot and moist compresses) followed by a brief application of cold friction, steam inhalation, hot tub bath. Russian steam bath, and alternate hot and cold contrast showers.

History of Hydrotherapy: During the 1918 Spanish influenza pandemic, multiple Seventh-day Adventist sanitariums provided hydrotherapy treatments. Reports from Seventh-day Adventist campus academies and colleges, sanitariums, and records from Douglas County, Georgia indicated that patients suffering from the Spanish flu who were treated with chest fomentations were more likely to survive as compared with patients who did not receive these treatments. See the article: "Concerned About Covid-19? Hydrotherapy May Play a Role!" <https://www.adventistworld.org/concerned-hydrotherapy-may-play-a-role/>

Hydrotherapy Used to Prevent COVID-19 Regular sauna bathing is very common in Scandinavian countries and may have

contributed to the reduced incidence of COVID-19 infection in Finland (Ernst et al, 1990; Seheult, 2020). Contrast showers, hot tub baths, and Russian steam baths also serve to stimulate the immune system in a similar manner as the effects of a sauna. A daily contrast shower is recommended for prevention.

For all hydrotherapy take precautions with children, the elderly, and people with compromised cardiovascular and pulmonary systems, and those with diabetes. Be very careful to avoid burning.

The authors recommend further reading of Dail & Thomas' classic hydrotherapy book and viewing the hydrotherapy videos provided by Dr. Mark Sandoval from Uchee Pines and Life and Health Network. www.ucheepines.org/fomentations. Please refer to the references section.

Hot and Cold Contrast Shower: Begin with a hot shower for three minutes and then turn the water to cold for 30 seconds. For prevention, do 3 exchanges. For treatment of an active COVID infection, do this for 5 – 7 exchanges ending with cold. Stand in the shower, turning around, so the water hits all parts of the body.

Steam Inhalation treatments loosen dry or thick secretions in the respiratory tract and deliver anti-infective essential oils.

1. Fill a pot with about 2 quarts of water. Boil the water and remove the pot from the heat.
2. Add essential oil of eucalyptus (3 drops) or oregano (2 drops) oil. You may also use essential oil of pine or fresh oregano or eucalyptus.

NOTE: Essential oils should NOT be ingested. Oregano essential oil is an antiseptic and contains many compounds with antimicrobial action. Eucalyptus oil has strong antibacterial and anti-inflammatory properties. (Apelian, 2021; Tilger, 2018)

3. Use a large towel to drape over the head to trap the steam.
4. Inhale the steam for 5–10 minutes.
5. For prevention, do this 1–2 times per day.

(Years Restored, 2021) (continued on page 6)

6. For infection, do this every 2 hours while awake. (Years Restored, 2021)

Chest Fomentations are a form of hydrotherapy involving warm, moist packs.

The Physiological Benefits of Chest Fomentations:

- Blood flushes the skin where fixed macrophages (white blood cells) purify the blood.
- Blood flow to the area is increased, which increases oxygen, nutrients and white blood cells which all help to fight infection.

Supplies

- 4 cotton, flannel or towel layers to place between skin and fomentation and on top of fomentation
- 2 washcloths and a basin of ice water
- Foot basin & thermometer for water temp
- 2 sheets and 1 blanket
- Plastic covering for mattress
- 1 glass of water and straw
- Canner with rack or microwave to heat fomentations

• 4-5 fomentation packs or towels
Fomentations are made of terry cloth or wool (with 50% cotton). The dimensions should be 36" X 31", folded into thirds so the finished dimensions are about 12" X 31"
Sew pack together at both ends. You may just use towels if you do not have fomentation packs.

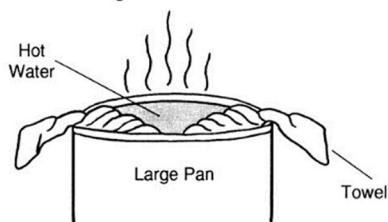
- 4- 5 fomentation covers or towels

Fomentation covers may be towels or synthetic material measuring about 34" X 34". These are used to keep fomentation warm during transport. The covers should cover all sides of the fomentation pack

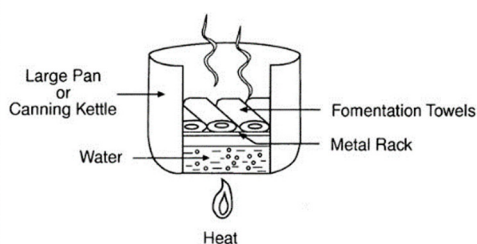
A Thermophore electrical moist heating pad may be used instead of the fomentation packs. See description below.

HEATING FOMENTATIONS:

Boiling Water Method



Steaming Method



BOILING WATER METHOD with towels

- a. Fold a large bath towels lengthwise and twist as much as possible. Place the middle of the towel into boiling water and let it thoroughly soak.
- b. Lift the towel out of the water and pull ends hard away from each other to wring out. Untwist by dropping one end.
- c. Lay the wet towel over a dry towel and wrap.

STEAM METHOD w/ fomentations or towels

- a. Dampen the fomentations or towels in water and wring out.
- b. Place rolled up towels or fomentations on a grid in a large canner.
- c. Boil for 20 minutes (NOT touching the water).
- d. Lay the hot towel or fomentation on a dry wool cover or towel and wrap.

MICROWAVE METHOD with towels or fomentations

- a. Dampen a large towel in water and wring out well.
- b. Place in a plastic bag.
- c. Microwave on high for 4 minutes.
- d. Lay the hot towel or fomentation on a dry wool cover or towel and wrap.

THERMOPHORE METHOD – (easiest)

A Battle Creek thermophore is a moist electrical heating pad and may be purchased on Amazon. You will need 2 large or extra-large thermophore pads for a treatment.

Place the Thermophore on the bed and a dry towel on top of it. Have the patient lie on the Thermophore as described below. Apply a dry towel to the chest and then place the Thermophore on top of it. Place a dry towel on top of the Thermophore which is on the anterior (front) chest. Adapt the treatment below with the use of a Thermophore which provides continuous heat. Follow the directions in the package insert.

CHEST FOMENTATION PROCEEDURE

- Pray and ask for God's blessing on the treatment.
- Plan ahead and have all supplies assembled.
- Place the waterproof plastic on the bed and cover with a sheet.
- Place the fomentation pack or Thermophore on the bed where the back of the patient's chest will be and cover the fomentation with 1-4 layers of a dry towel.
- Place the patient's feet in a hot foot bath. Their feet should be placed in a basin deep enough to cover the ankles. Ensure the water is not too hot for them.

Hot Foot Bath Considerations:

Do not use the hot water on their feet if the patient has: open wounds to their feet, diabetes very poor circulation to their feet, or if they have recent blood

clots in their legs. The water temperature should be 100 – 104 degrees Fahrenheit and not over 102 degrees for patients with diabetes. Test the water with your elbow if a thermometer is not available.

- Cover the anterior chest with a bath towel of 1-4 layers.
- Apply a fomentation pack across the chest.
- Cover the fomentation pack with a bath towel.
- Cover the patient with a sheet and blanket.
- Leave the anterior fomentation on for 3-5 minutes.
- When the patient warms up, apply a cold washcloth to head; change every 2 – 4 minutes.
- Check the patient frequently for burning and apply more layers of towels between the skin and fomentation pack as needed.
- Apply chest fomentation applications to front of chest three to five times. (Leave each application on for 3 -5 minutes).
- Apply cold mitten friction to chest between fomentation applications for 30 seconds. A cold mitten is friction is simply rubbing the chest briskly with a cold washcloth. Dry the chest thoroughly before applying another fomentation.
- Ensure there are dry towels between the patient's skin and fomentation packs for each exchange.
- After the last fomentation, rub the chest with a cold washcloth and dry thoroughly.
- Have the patient raise their feet and pour cold water over the feet. Pull the basin out of the way and dry the feet. Cool patient with a rubdown to chest, abdomen, back, arms, and legs with cold washcloths ("cold mitten friction"). Do this quickly for a total of 1 minute and avoid chilling.
- End with a gentle massage of the back and neck.
- Leave the patient dry and have him/her take a nap for one hour. Resting for one hour after the treatment is important, as it promotes the activation of white blood cells which destroy the virus.

General Considerations

Continue chest fomentations daily during the remainder of the illness. If the patient is so fatigued that they cannot tolerate a full treatment, you can dispense with the basin of water for their feet and simply concentrate on the hot/cold fomentations to the chest.

SUPPLEMENTS/ HERBS

The following list includes some of the supplements and herbs recommended by Dr. Mark Sandoval, medical director at Uchee Pines. Due to space limitation, the rationale for each remedy is not given. Please refer to the references for a complete
(continued on page 7)

list and more information. *These are adult dosages.*

1. **American Ginseng** – avoid in pregnancy, 200-400mg twice daily
2. **Thuja – (cedar leaf oil)**, avoid in pregnancy and lactation, 18-36mg 3 time daily, for 2 weeks

3. **Echinacea** – 800mg 3 times daily for prevention, up to 5 times daily with symptoms

4. **Elderberry Tincture** – use as directed. If it is made with alcohol, put recommended dose in 4 ounces hot water and let sit for 15 minutes before ingesting.

5. **Zinc** – prevention – about 20-25mg/day; treatment – up to 75mg/day for less than 1 week. (The FLCCC recommends 30 – 40 mg/ day for early treatment).

6. **Quercetin** – 250-1,000mg daily for up to 12 weeks. It is found in onions, apples, berries, etc. and is a zinc ionophore, assisting zinc into the cells, thus increasing intracellular zinc levels. (The FLCCC recommends 250 mg/day for early treatment).

7. **Vitamin C** – 2,000mg daily.

8. **Vitamin D3** – see reference for Dr. Sandoval's dosing recommendations

9. **Probiotics** – at least 1 billion CFU's (colony forming units) daily. The higher the CFU's and the more bacterial species included, the better. Don't take indefinitely.

10. **N-Acetyl Cysteine (NAC)** – shown to decrease symptoms associated with influenza, promotes the production of glutathione (prominent antioxidant) in the body. 600mg twice daily



Dr. Mark Sandoval's "NATURE'S PENICILLIN"

- 1 whole grapefruit
- 2 whole oranges
- 1 whole lemon,
- 3 cloves garlic
- ½ medium sized onion
- plain peppermint oil (not essential oil)

Use a peeler to remove the colored part of the grapefruit, orange, and lemon skins, but leave the white pulp below it. Add the grapefruit, oranges, lemon, garlic and onion to a blender and blend. Add just enough water so that the ingredients can blend. Then add 3 drops of peppermint oil and blend fully (seeds and all). Place in a pitcher and leave in the refrigerator.

Drink 1 cup daily.

The Front Line COVID-19 Critical Care

Alliance (FLCCC) recommends some of the supplements listed above and the following for early outpatient treatment:

1. **Melatonin** 6 mg before bedtime (causes drowsiness) as a supportive therapy. Research shows it boosts interferon and has anti-inflammatory effects. (DiNicolantonio, 2021).

2. **Vitamin D 3:** 1000 – 3000 IU/ day

3. Gargle 2 times a day with an **antiseptic mouthwash** with cetylpyridium (e.g., Scope, ACT, Crest) or Listerine.

Mercy Ballard, director of Years Restored Wellness Center, recommends the following natural remedies for viral infection:

1. To one glass jar, add **12 ounces of water** and **1 drop of organic oregano essential oil**. For an active infection, gargle every hour while awake. For prevention, gargle throughout the day.

2. **Nasal mister**

- a. Buy a 2-ounce glass bottle nasal mister (order from Amazon or check at the health food store).

- b. Add **2 ounces of water** and **2 drops of organic peppermint essential oil**. Mix well.

- c. For infection and prevention, use 3 times a day and before and after when in close contact with others.

- d. Change the water daily.

3. **SUPER IMMUNE BUILDER DRINK**

- a. Blend 2 cloves of garlic, juice of 1 lemon and 4 – 6 ounces of warm water.

- b. For infection, drink at each meal.

- c. For prevention, drink 1 time per day.

4. **IMMUNE BUILDER BROTH**

- a. To 3 cups of water, add 1 onion cut in half and salt to taste. Boil for 20 min.

- b. For infection, drink 1 cup of broth 2 times a day.

- c. For prevention, drink 1 cup 1x / day.

CONTINUE TO PRACTICE THE EIGHT LAWS OF HEALTH (White, 1905; Sandoval, 2021)

- **Nutrition** – Eat a plant-based immune promoting diet that includes foods rich in antioxidants: fruits, vegetables, legumes, whole grains, nuts/seeds. Avoid excess sugars, fats, and highly processed foods.

- **Exercise** – Encourage walking outside as the person is best able to tolerate.

- **Water** – Drink plenty of pure water and use hydrotherapy.

- **Sunlight** – Obtain daily sunlight exposure, avoiding burns, for optimal Vitamin D levels.

- **Temperance** – Avoid tobacco, alcohol, overeating, and overworking. Stay on a schedule for sleeping and eating.

- **Fresh Air** – Provide a current of fresh air in the home, while ensuring the patient

is not chilled. Spend as much time outdoors as possible ensuring adequate clothing. Use 4-7-9 deep breathing technique. Breathe in through the nose for a count of 4, hold the breath for a count of 7, and breathe out slowly through pursed lips for a count of 9

- **Sleep** – Ensure at least –8 hours of sleep with an early bedtime before midnight. Allow for plenty of rest in the daytime during the illness. During the recovery phase continue with rest and limited activities until 2–3 days after the last symptom resolves.

- **Trust in God/ Maintain a Good Attitude**

Pray and claim the healing Bible promises: Ps.34:22; Prov 14:26; Isa.41:10; 46:3-4; 49:14-16.

"When any part of the body sustains injury, a healing process is at once begun; nature's agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life giving power is from Him. When one recovers from disease, it is God who restores him." Ministry of Healing, pg. 113

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REPORT FROM OUR MISSIONARIES DAVID & CINDY WHITE IN MONTANA



Dear friends,

Here is a short update on our doings these last 7 weeks. Sorry for the "no contact" for so long; we've been running like college kids attending classes from early morning to late at night. Fall is in the air here in Michigan. The leaves are turning and the air in the morning is crisp. I pray all is well at your end of the country.

After 2569 miles, six weeks ago, we arrived at the AFM training center in Berrien Springs, MI. We had been wondering if God would pull off the miracle we needed to attend this year's summer Institute of Frontier Missions. As many of you know we had to find a place to live. We had to have our car repaired (we had been waiting more than seven weeks for backordered parts—with no end in sight), we had to arrange for a moving van when there were no available moving vans large enough state wide, we had to find a storage unit three states away, we had fundraising, speaking appointments, and two camp meetings to attend. Yet, despite all the obstacles and challenges, God pulled off what was at best unlikely if not impossible. Praise the Lord! and thank you for your prayers.

So far training has been amazing. The nuts and bolts of discipleship are thorough, the classes on team building and worldview are deep, and the morning worships are inspiring. I would wish every Christian would take these courses.

November 20 is our end date for training. From here we go to the Fort Peck Indian Reservation in North East Montana (brrrr!). We eagerly anticipate seeing God move among our Native neighbors in remarkable ways. The promise

is sure, Jesus is coming soon, signs and wonders are inevitable. Please continue to pray for Cindy and I, we've almost completed our fundraising and hope to soon be fully funded. Thank you.

Your missionaries,
David & Cindy White



Thoughts & Prayers

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

Ron Beasley
Cathy Bell
Shirley Brewer
Joyce Casper
Bonnie Day
Artur & Tulia
De Carvalho
Ed & Caryl Ermsar
Connie Frye
Dennis Gallegos
Ingrid Gruenheid
Betty Hamblin

David Hamblin
Butch & Pam Helwig
Rebekah Hill
Carrie Hise
Families of:
Henry Martin
Maria Aaron
Shirley Stevens
Fran Holder
Sharon Karen
Steve King
Kruger family

Jerry & Zola Lewis
Darlene Loewen
Cathy McGinnis
Jessica Rae
Beth Ringering
Israel Rush
Rhonda Scott
Lori Smith
Mel Smith
Yvonne Tooley
BLBN
Church Ministries

Our SDA school
Our families, children,
grandchildren,
brothers & sisters: for
salvation
Our medical workers
The home-bound
Those in nursing homes
Those with COVID needs
VETS

The Testimony of JESUS



In Rev. 12:17, we read that the dragon makes war "with those who keep the commandments of God and have **the testimony of Jesus Christ**". What is the testimony of Jesus? EGW says that "**the subjects of the Sabbath, the nature of man, and the testimony of Jesus are the great and important truths to be understood; these will prove as an anchor to hold God's people in these perilous times.**" (1T 300) Again she emphasizes, "**My dear brethren and sisters, let the commandments of God and the testimony of Jesus Christ be in your minds continually and let them crowd out worldly thoughts and cares.**" (EW 58)

As I was considering this, I thought about what the great faith chapter says about Enoch before he was taken to heaven, that "**he had this testimony, that he pleased God**". (Heb 11:5)

That's a powerful testimony, one I'd like to have. And wouldn't Jesus have an even MORE powerful one? How about this: "**... the prince of this world cometh, and hath nothing in Me.**" (Jn 14:30) Commenting on this, EGW says, "**There was in Him nothing that responded to Satan's sophistry. He did not consent to sin. Not even by a thought did He yield to temptation.**" (DA 123) Then she adds this amazing statement: "**So it may be with us.**" Incredible! We are to be given "**power to resist evil, power that neither earth, nor death, nor hell can master, power that will enable [us] to overcome as Christ overcame.**" (DA 679) What a thought! We are to have a testimony like Enoch...and like Jesus! The devil will come and find NOTHING in us that responds to *anything* he throws at us!

To illustrate this point, here is a little scenario from a book my friends, Dave & Cindy (left) gave me, describing persecution in China:

"**The security police regularly harass a believer who owns the property where a house-church meets. The police say, 'You have got to stop these meetings!' If you do not stop these meetings, we will confiscate your house, and we will throw you out into the street.'**

"**Then the property owner will probably respond, 'Do you want my house? Do you want my farm? Well, if you do, then you need to talk to Jesus because I gave this property to Him.'**

"**The security police will not know what to make of that answer. So they will say, 'We don't have any way to get to Jesus, but we can certainly get to you! When we take your property, you and your family will have nowhere to live!'**

"**And the house-church believers will declare, 'Then we will be free to trust God for shelter as well as for our daily bread.'**

"**If you keep this up, we will beat you!' the persecutors will tell them.**

"**Then we will be free to trust Jesus for healing; the believers will respond.**

"**And then we will put you in prison!' the police will threaten.**

"**By now, the believers' response is almost predictable: 'Then we will be free to preach the good news of Jesus to the captives, to set them free. We will be free to plant churches in prison.'**

"**If you try to do that, we will kill you!' the frustrated authorities will vow.**

"**And, with utter constancy, the house-church believers will reply, 'Then we will be free to go to heaven and be with Jesus forever.'**"¹

What a testimony! May God grant us that kind of faith!

~Melissa Derfler

¹ *The Insanity of God*, Nick Ripken, pp. 265-266

"God is love. Like rays of light from the sun, love and light and joy flow out from Him to all His creatures. It is His nature to give. His very life is the outflow of unselfish love." MB 77

NOVEMBER


2021

Happy Birthday

CARMEN ARRAS 02
MARIA SIMMONS 02
PEACH GERBER 02
PEYTON HECKERS 03
ELSIE CAPE 04
EMIL BUJOR 04
JAIRON PERSONIUS 04
LAREE PINEDA 04

MARINA MARSHALL 04
CAROLYN MORTON 05
DAVID GREENE 05
ORLANDO HERNANDEZ 05
RICK DEXTER 05
BOB STEVENS 06
DON RILEY 06
TANYA MAXWELL 06
TRISTAN PUNTNEY 06
AJ WHEELER 09
DAVID DIAS 10
ETHAN HULBERT 10
ANA PEREZ 11
TIM RINGERING 11
JIM ZIEBARTH 12
NICOLE AMADOR 13
RITA MC MULLEN 13
SHAWN HULBERT 13
VIRGINIA COUSLAND 13
WAYNE COX 13
DENESE DENNIS 14
RANDY CURRIER 14
KAREN JOHNSON 15
ALBERT BENTLEY JR 16
MISHAELAVEJAR 16
NATHANIEL CRARY 16
RON OLDS 17
SYLVIA CRARY 17
WENDE TRAUTWEIN 18
EDWARD MC MULLEN 19
PATSY NETTERS 19
HALEY FRANK 20
VIRGINIA HUME 20
TRAVIS O'REILLY 21
MORGAN BLURTON 22
REMA ROBERTS 23
ROBIN MARTIN 24
CHUCK AUSTIN 25
ANITA GRITSUK 26
GEORGE MORTON 27
JESSICA HECKERS 27
JOSE SANCHEZ 27
JOY MOSES 28
SHARON SIMONS 28
TIM CRARY 28
TANNER MARTIN 29

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SABBATH

	1 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises (Zoom)	2 9:00 am-1:30 pm Dorcas 9:30 am-1:30 pm Thrift Store 1:00-4:00 pm Veggie Food Store 2:00 pm Women's Study (MP Rm) 4:00 pm Romans Study (MP Rm)	3 11:30 am Red Cross Blood Drive (MP room) 7:00 pm Prayer Meeting (via ZOOM)	4 9:30 am-1:30 pm Thrift Store 2-5:00 pm Veggie Food Store 7:00 pm Sanctuary Study (via Zoom)	5 6:30 pm Men's Ministry Growth Seminar (North Valley - Men only) Pastor Daniel Sunset 6:01 pm 🌅	6 9:30 am SS Classes 10:50 am Church Worship Service: Pastor Daniel Sunset 5:59 pm 🌅
7 Daylight Saving Time: fall back	8 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises (Zoom)	9 9:00 am-1:30 pm Dorcas 9:30 am-1:30 pm Thrift Store 1:00-4:00 pm Veggie Food Store 2:00 pm Women's Study (MP Rm) 4:00-6:00 pm ABC Food & Book Sale, (MP Rm) 6:30 pm Elder's Board (Zoom)	10 7:00 pm Prayer Meeting (via ZOOM)	11 VETERANS DAY 9:30 am-1:30 pm Thrift Store 2-5:00 pm Veggie Food Store 7:00 pm Sanctuary Study (via Zoom)	12 Sunset 4:53 pm 🌅	13 9:30 am SS Classes 10:50 am Church Worship Service: Pastor Daniel Sunset 4:52 pm 🌅
14	15 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises (Zoom)	16 9:00 am-1:30 pm Dorcas 9:30 am-1:30 pm Thrift Store 1:00-4:00 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)	17 12:00 pm Single Ladies' Lunch Bunch, Elmer's 7:00 pm Prayer Meeting (via ZOOM)	18 9:30 am-1:30 pm Thrift Store 2-5:00 pm Veggie Food Store 7:00 pm Sanctuary Study (via Zoom) 7:00 pm School Board (via Zoom)	19 Sunset 4:47 pm 🌅	20 9:30 am SS Classes 10:50 am Church Worship Service: Stan Beerman, Oregon Conference Sunset 4:46 pm 🌅
21	22 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises (Zoom)	23 9:00 am-1:30 pm Dorcas 9:30 am-1:30 pm Thrift Store 1:00-4:00 pm Veggie Food Store 2:00 pm Women's Study (MP Rm) 4:00 pm Romans Study (MP Rm)	24 NEWSLETTER DEADLINE OFFICE CLOSED AT NOON FOR THANKSGIVING 7:00 pm Prayer Meeting	25 Church Office, Thrift Store, & Veggie Food Store CLOSED 	26 Sunset 4:43 pm 🌅	27 9:30 am SS Classes 0:50 am Church Worship Service: Pastor Daniel Sunset 4:42 pm 🌅
28	29 9:30 am-1:30 pm Thrift Store 7:00 pm Praise, Prayer, and Promises (Zoom)	30 9:00 am-1:30 pm Dorcas 9:30 am-1:30 pm Thrift Store 1:00-4:00 pm Veggie Food Store 2:00 pm Women's Study (MP Rm) 4:00 pm Romans Study (MP Rm)	Events may have been changed or added; please check: https://www.grantspasschurch.com/calendar and ANNOUNCEMENT PAGE 