

From the Pastor's Desk

By Barry Kimbrough

Coping With Change

Many years ago, a friend sent me an anonymous proverb: "In times of change, learners inherit the earth."

It sounded interesting. I grasped the concept, but I was just beginning my pastoral work and I had not experienced much change in ministry, so I did not think about it much. I simply saved it in a file folder of quotations.

Later, I learned that the quote is from a known author and that it is a bit longer. Eric Hoffer, American moral and social philosopher, originally wrote, "In times of change, learners inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists."

As time went by and I began to experience more changes, I sometimes meditated on the practical truth of the statement. Marriage and parenting required me to learn listening skills, time budgeting, and thinking more of others. In evangelism, I still remember Net 96, the innovation of simulcasting the gospel by satellite to thousands of churches in 13 languages and 45 countries. Many thought it would not work but it proved to be successful in a large screen media world.

The power of the maxim of learning in times of change has now hit me full force as I have had to face challenges I never dreamed of in the church. Who would have ever imagined doing church without a building or meetings? Amazingly, we have learned how. The word 'zoom' has new meaning. We are now more familiar with "Facebook live," and "conference call." We have even had to rely more on the old tried-and-true methods of phone calls and the postal service.

In some ways we have become more connected than before as we have prayed together on the phone, kept in touch by text and Messenger. The last many weeks have been an intensive course in coming together in new ways. We have seen the fulfillment of God's promise in Isaiah 43:19: "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland" (NIV).

Women's Ministries By Linda McKenzie

So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, move from here to there, and it will move; and nothing will be impossible for you." Matthew 17:20 NKJV

Grind up a cup of mustard seeds, add some vinegar, and voila, you have a tangy yellow condiment most often squeezed onto grilled hot dogs/veggie dogs or added to potato salad. Mustard seeds are tiny, round seeds measuring about 0.05 of an inch and are similar in size to a sesame seed. Don't be fooled by their size. There's an old saying that big things often have small beginnings, which is especially true of the mustard seed. The mature plants can grow to a height between six and twenty feet with a twenty-foot spread, or even taller under the right circumstances, faith can grow that way too.

You cannot pick an apple from an apple seed, but one apple seed can potentially grow a tree that produces many apples. "Mustard seed faith" is a small beginning indeed. Within that vital seed of faith is the potential for a believer's confidence in God to grow. Our personal testimony begins when we are rooted in Christ through salvation, and our faith grows through our experience with God as we learn to trust Him. Faith can flourish and grow to towering heights, just as a mustard seed grows into an enormous plant. The law of 'root and fruit' is to grow roots downward and bear fruit upward. (Isaiah 37:31). A seed of faith is a mighty beginning.

Following
Always
I
Trust
Him



Health Ministry By Shantel Escobar

Grieving is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you.

Here are some examples of myths that we can be more supportive of others if we understand.

Myth: The pain will go away faster if you ignore it

Fact: Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing, it is necessary to face your grief and actively deal with it.

Myth: It's important to "be strong" in the face of loss.

Fact: Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" your family or friends by putting on a brave front. Showing your true feelings can help them and you.

Myth: If you don't cry, it means you aren't sorry about the loss.

Fact: Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

Myth: Grieving should last about a year.

Fact: There is no specific time frame for grieving. How long it takes differs from person to person.

Myth: Moving on with your life means forgetting about your loss.

Fact: Moving on means you've accepted your loss—but that's not the same as forgetting. You can move on with your life and keep the memory of someone or something you lost as an important part of you. In fact, as we move through life, these memories can become more and more integral to defining the people we are.

If you know of anyone who would enjoy a grief support group please go to Griefshare.org for registering for a support group in our area. For more information see page 2.

Upcoming Events

Sabbath programming:

For access to the online Bible study guide, visit: ssnet.org. This website has updated links to all Sabbath School lessons for all divisions.

There are two Zoom adult Sabbath School classes;

- Contact **Bob Biegel** (rbweld@yahoo.com) for a link to the classes.
- **Shantel Escobar : Zoom.com**
(Room ID: 737 254 0470)
tonya.shantel.escobar@gmail.com

The Sanctuary Sabbath School Class Zoom Sabbath School can also be viewed on Facebook Live on Sabbath at 9:15 on the church Facebook page

Children's and Youth Sabbath School:

- Videos and lessons are available at www.gracelink.net.
- Other material includes:
- Bible studies made interesting for kids, hosted by Doug Batchelor <https://www.amazingfacts.org/media-library/media/e/5699/t/the-treasure-map>
- Bible stories, crafts, activities: <https://aplacetodosomething.com/>
- Mission stories from Adventist Mission: <https://m360.tv/children>

Daily 7 a.m. prayer call 7 days/week. Conference call number: 1 503 300 6845. Code 887408

Wednesday 7 p.m. prayer meeting on Facebook Live (Facebook at: **Brookings Seventh-day Adventist**). Join by messaging your prayer requests for an interactive meeting.

Check Out the new YouTube channel: Brookings Seventh-day Adventist Church.

Also the same name for the Facebook page that includes live presentations and recorded video messages.

Watch Quarantine Conversations, hosted by Dick Duerksen of the Oregon Conference Communications Department. This live program is aired every Sabbath at 6 pm on the Oregon Conference of Seventh-day Adventist Facebook page.

Gladstone Camp Meeting

July 21-25

Gladstone Camp Meeting 2020 is going virtual!

We won't be meeting in person at Gladstone, but we're planning an interactive online experience that will encourage and connect us all. Programming will be accessible from your desktop, your tablet, or your cell phone. It all is still happening in July, with programming for all ages, including José Rojas as our featured speaker! Watch our website, Facebook and publications for more details as we get closer.

This newsletter is to be used solely for the authorized work of the Seventh-day Adventist Church.

Re-Opening Process-Phase 1

The church board has voted to wait for church opening until we get further information about the requirements during Phase 2 which will probably come in a few weeks.

A Grief Recovery Seminar Online

Beginning June 7

Anyone who is interested in this program that addresses how to heal from loss of a loved one, is welcome to register by accessing the website www.griefshare.org and follow the link "Find A Group", put in your zip code, and you will be able to sign up.

The program is facilitated by Shantel Escobar.

Children's Corner

Most plants have seeds. When you put a seed in the ground and water it, a new plant grows from it. Seeds often travel to faraway places. If seeds did not travel, too many plants would grow in one place. It would be very crowded! Some seeds travel on the wind and some seeds travel in the water. Many seeds travel inside fruits. The fruit is like a suitcase for seeds, it protects them on their trip. Fruits look beautiful and taste good, so animals and people eat them and drop the seeds in different places. Some fruits carry one big seed inside them, and that seed is called a pit. A cherry is one of these fruits. Some fruits have many small seeds inside them. An apple is one of these fruits. Some fruits have many, many tiny seeds inside them. A kiwi is one of these fruits. Many berries, such as strawberries, and blackberries carry their seeds on the outside! Raspberries do too. Some vegetables we eat are really fruits. They carry seeds too. Peas are seeds. I'll bet you didn't know that every time you eat a peach, a cherry, an avocado, a plum, a cucumber, a tomato, a grape, an apple, an orange, a pea, a pear, a melon, a banana, or a blueberry, you're really eating a suitcase...a suitcase for seeds.

Bible Brain Teaser

1. Which Bible character has no name, whose body to corruption never came, who died a death never another person died before, whose shroud is sold in general stores?
2. Where did the moon shine only once?
3. I can run but never walk; have a mouth but never talk; have a head but never weep; have a bed but never sleep. Who/what am I?
4. I am harder to control than a wild horse; sometimes I cause you to feel remorse. I can be the source of venomous stings; or heal one lacking joyful things.
In strength it's true I'm quite unique. In size I'm small so to speak. Who/what am I?

Did You Know...By Lynda Cross-Church Clerk Eleven Lessons Learned from Noah's Ark

1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead. If wasn't raining when Noah built the Ark.
4. Don't listen to critics; just get on with the job that needs to be done.
5. Stay fit. When you're 600 years old, someone may ask you to do something really big.
6. Build your future on high ground.
7. For safety sake, travel in pairs.
8. Speed isn't always an advantage, the snails were on board with the cheetahs.
9. When your stressed; float awhile.
10. Remember, the Ark was built by amateurs; the Titanic by professionals.
1. No matter the storm, when you are with God, there is always a rainbow waiting.

4. Tongue
3. River

2. Red Sea
1. Lot's Wife

