

January, 2011

# MISSOULA SEVENTH-DAY ADVENTIST CHURCH

# Missoula News & Mountain Views



## Message From The Pastor

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Dear Church Family,

We find very important questions registered in the word of God. It was Job that asked, "How can a man be righteous before God?" (Job 9:2) The Philippian jailer in the time of Paul asked, "Sirs, what must I do to be saved?" (Acts 16:30) King David asked, "How can the ark of the LORD come to me?" (2 Samuel 6:9)

I'm particularly interested in David's question. What kind of question is this? Why does David want the ark of Yahweh? God had told Moses, "And let them make Me a sanctuary, that I may dwell among them." "And there I will meet with you, and I will speak with you from above the mercy seat, from between the two cherubim which are on the ark of the Testimony..." (Ex 25:8, 22) The ark was the heart of the sanctuary. It represented the presence of God, the very heart of God. And this is what David wants— God's presence, His heart.

In essence, David is asking, "How can I have the presence of God?" Have you asked yourself this question? How can I have the presence of God in my life? How can God truly abide in my heart? As we begin a new year, what better question could we pause to consider?

It is this question, this desire for God that has motivated us to plan a time of spiritual renewal as we usher in the new year of 2011. Beginning with New Year's Eve, Friday, December 31 and continuing for the entire first week of the new year, we invite you to come meet with your church family at the church. We will come together for fellowship, for prayer and for worship. We want the presence of God in our lives, in our homes and in our church. We want His leading as a people as we look ahead to what God has in store for us. We don't know what the new year will bring, but we want to make sure our wonderful God is with us. We want to be assured of His presence every day, every moment of 2011.

As we conclude our week of spiritual renewal, we will come together for communion. There is no greater evidence of the Lord's presence in our lives than to have an earnest desire to be together as fellow-believers, to share the love that He has put in our hearts for one another. We are calling it an Agape Feast (Love Feast) and we will come together to remember and celebrate just how

*Continued on next page ➔*

The official newsletter of the Missoula Seventh-Day Adventist Church is published the last week of each month.

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All material published in the newsletter must be submitted by the 15th of each month. There is no guarantee submitted material will be added to the newsletter. Thank you for understanding.

Contact Information for Submissions:  
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## ***Pastor's Letter Continued***

wonderful the Lord has been to us. The Agape Feast will take place on Saturday, January 8 at 5:30 p.m. at the school gymnasium.

Please join me in praying and preparing our hearts for this spiritual renewal. Think of what God could do if we sought Him with all our heart, all our soul and all our strength! I believe He is drawing us to Himself. Let's not resist, the time of His coming is at hand and the Lord wants to finish His work in us. He wants to return and take His children home!

In Christ,  
Pastor Alvaro

## **WEEK OF SPIRITUAL RENEWAL**

As the Pastor's letter outlines, we will have a special week of renewal the first week in January. Meetings will be held at the church at 7:00 each night, other than January 8, see below. The topics are as follows:

- Dec.31 A Message From the GC President
- Jan. 1 A People Who Look Forward in Anticipation
- Jan. 2 A People Who Are Happy and at Peace
- Jan. 3 A People Confident in the Promises of God
- Jan. 4 A People Empowered by the Holy Spirit
- Jan. 5 A People Who are Holy and Blameless
- Jan. 6 A People Who Have Surrendered All to Jesus
- Jan. 7 A People Who Endure
- Jan. 8 Agape Feast (5:30 at the School)



## **IN DEPTH BIBLE STUDY**

In depth Bible Study resuming January 12th and forward, Wednesday evenings at 7:00 p.m. Join us in the Fireside Chapel for this mid-week spiritual lift!



## **Single's Group Announcement**

The Single's Group will be cancelled on Thursday, January 6th due to the week of prayer conflict. Let's all attend the week of prayer and support this spiritual renewal effort!

## **15th Annual Pinewood Derby**

The Montana Conference 15th Annual Pinewood Derby is coming up! It will be held on January 30th, 2011 in Missoula at the Mountain View Elementary school. Registration starts at 9:00 am and the race starts at 10:00. See page 9 for a flyer.



## **Prayer Ministry**

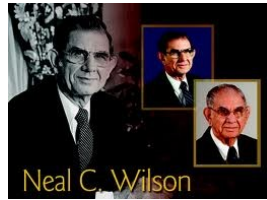
A Prayer Ministry has been created for our church. To submit a prayer request or to become a partner who is notified of prayer requests or to volunteer to help in some way, contact: [Missoula.Prays@innercite.com](mailto:Missoula.Prays@innercite.com). If you wish to be a prayer partner or submit your prayer requests, call Jean Bartling at 728-2271 or Carolyn Millard at 273-2751.

## **Mission Trip Reminder**

A reminder that Daniel Gross has been selected to go on a mission trip to Namibia, Africa. Daniel must raise \$2,300 and has 3 deadlines to meet. One has already passed and the next one is in early January. Please pray for the students' safety and the success of the mission. If you can help with funds, please make checks payable to Upper Columbia Academy and write "Africa 2011" in the For/Memo space on the check. Please deliver your checks to John or Debbie Gross and they will get them turned in for Daniel at UCA.



**WITH SADNESS:** Neal C. Wilson, 90, former president of the Seventh-day Adventist Church (from 1979-1990), passed away December 14.



**COMMITTED WOVES NBC'S "THE SING OFF":** A six-man vocal a cappella singing group with strong roots in Adventist education, from Forest Lake Academy to Oakwood University, is wowing judges on the NBC television program, "The Sing Off." On the Monday, December 6 program, judges lauded the group, not only for their musical prowess, but for staying true to their name—COMMITTED. Program judge, Nicole Scherzinger said, "I love the name of your group and what it stands for. God is good, and He shines His light through your voices and through your talent. Stay "Committed."

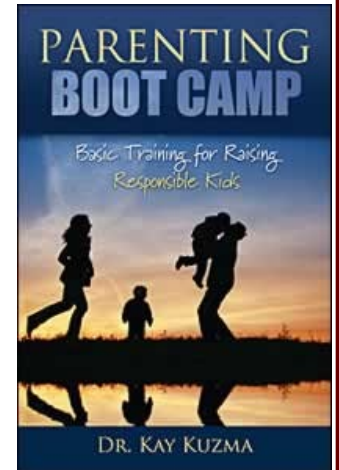


## Book of the Month— *Parenting Book Camp* Author: *Kay Kuzma*

Most parents learn by trial and error—and you can learn a lot that way—but every new recruit needs basic training strategies to be successful at the job of parenting. The objective of *Parenting Boot Camp* is to give parents the information they need to be an effective parent of their children. The goal is not to be a "perfect" parent but to have fun, be an effective teacher, and create positive relationships. This book will be useful for conducting seminars and small group studies, as well as a stand-alone guide for parents.



Kay Kuzma is the president of Family Matters Ministry, a Christian organization involved in meeting family needs. With an EdD from UCLA, she specializes in child development and family life and provides informative programming for families through radio, television, newspapers, and live seminars. A prolific author, Kay's latest books include *The First 7 Years: Parenting With Strong Values and a Gentle Touch*, *Serious About Love: Straight Talk to Single Adults and Mending Broken People*. She and her husband Jan have three adult children and eight grandchildren.



Go to: [www.adventistbookcenter.com](http://www.adventistbookcenter.com)

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Thanks to Frank the Tank (See Job 1) 12-29-2004  
I JUST DIDN'T HAVE THE HEART TO TELL JOB THAT HIS COMPUTER CRASHED

### Verse of the Month - Psalms 74:16-17

The day is yours, and yours also the night; you established the sun and moon. It was you who set all the boundaries of the earth; you made both summer and winter.



## Recipe of the Month— Southwest Vegan Cutlets

Source: [www.chefmarkanthony.com](http://www.chefmarkanthony.com)

Provided by: *Nina Roberts*

### Ingredients:

Mix 1 part Vital Wheat Gluten with one part water. It only takes a quick mixing. Roll it out into a log and let it rest for 5 minutes.

### Directions:

In a pot of boiling water is where you are going to get your flavor. I like to add onions and carrots. Also add some Liquid Aminos or low sodium soy sauce. Slice the gluten into 1/4 inch slices and put into the boiling water. Boil for 40 minutes, stirring occasionally. Drain gluten and mix into some bread crumbs. I add a little Cayenne and sea salt to get a good southwest flavor. Sauté until golden brown and they're done. Make sandwiches with them or use as an entrée with sauce. These are great to make batches of and freeze.

## STEWARDSHIP CORNER

BAH HUMBUG!!!!!!!

By the time you are reading this, Christmas will be either upon us or just passed. I confess to not being a big fan of this holiday for any number of reasons so it makes it difficult to be of much value to you good people on this subject.

How's that for an opening?

By now there will be a number of you who's feelings will have been hurt by an unthinking relative or friend. There will be a number of you who will have added to the stress you are already facing because you just needed to buy that extra special gift for someone and the budget wasn't there for it. There will be people who have volunteered to help organize special programs for schools and churches and the people they have asked to help will not have the same level of commitment as they have and they will burn out and be disappointed.

I think we have a tendency to invest way too much in the holiday excitement and lose sight of the real meaning of

*Continued next column ➔*

Christmas. Did you take time to sit and read the Christmas Cards you received or did you burn the midnight oil to get yours out on time. Did you work successive Sundays to light up your house so the neighbors would be envious or did you take the kids on a trip around town looking at other peoples lights? Did you get your shopping done early or were you running around on Thursday night trying to get it all done in one go?

Joseph and Mary had some stress on that special night until they found a place to stay. Mary of course worked pretty hard giving birth but then they were able to settle in for the night and have peace. They had some visitors and we always portray that as having happened that night, the shepherds anyway, but I can't help but think that God would have let the little family rest and enjoy the little guy before things got busy. Can you imagine the quiet and snugness in a barn with the animals settled in and the hay around them? Sure, there would have been the occasional snort from an animal and the rumblings of the stomachs of the cud chewers but what a warm peaceful feeling I get just imagining the sight.

I would wish for you that kind of peace and tranquility on Christmas. Don't let it become such a chore that you end up a basket case. If things don't quite shine the way you think they should, let it go. Jesus didn't have garlands and the lights, He didn't have a big dinner and all the candy and sweets, He had two parents that were crazy about Him and some very nice company. Keep it simple people, keep it simple!!!

So to sum it all up, I don't care for Christmas very much but I love the reason for it. Focus on that and enjoy it completely. Let's also plan on having a very fruitful new year. Jesus' next coming is very close, let's get the work done so we can go home.

Blessings,  
Dave Rhynard



## Christians

*Written by: Maya Angelou*

*Submitted by: Billie Coon*

When I say... "I am a Christian"

I'm not shouting "I'm clean living'."

I'm whispering "I was lost,

Now I'm found and forgiven."

When I say... "I am a Christian"

I don't speak of this with pride.

I'm confessing that I stumble

And need Christ to be my guide.

When I say... "I am a Christian"

I'm not trying to be strong.

I'm professing that I'm weak

And need His strength to carry on.

When I say... "I am a Christian"

I'm not bragging a success.

I'm admitting I have failed

And need God to clean my mess.

When I say... "I am a Christian"

I'm not claiming to be perfect,

My flaws are far too visible

But, God believes I'm worth it.

When I say... "I am a Christian"

I still feel the sting of pain.

I have my share of heartaches

So I call upon His name.

When I say... "I am a Christian"

I'm not holier than though,

I'm just a simple sinner

Who received God's good grace, somehow!

## The Happiest Time of the Year?

It's not just a case of cabin fever or the "winter blues." Seasonal affective disorder (SAD) is a type of depression that can seriously impair daily life. More common in women than men (and uncommon in people under the age of 20), SAD can cause loss of energy, social withdrawal, appetite changes, and feelings of hopelessness and anxiety. In fact, seasonal affective disorder doesn't just happen in winter; some people get summer depression.

If you feel seasonal depression coming on this winter, there are a few things you can do to fight it:

- Let there be light. Make your home and office sunnier and brighter by opening blinds, adding skylights, or trimming tree branches that block sunlight.
- Get out. Take a walk or eat lunch in the park on sunny days.
- Socialize. Stay connected with people with whom you can laugh and cry.
- Take a trip. If possible, take a winter vacation to a sunny, warm location.
- Ask for help. For more serious cases, talk to a professional about treatment options such as light therapy.

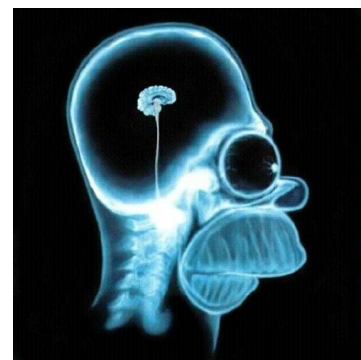


*Source: Mayo Clinic*

## The Shrinking Brain

The more alcohol you drink, the smaller your brain volume becomes, according to recent research. As we age, brain volume decreases (and white matter lesions increase), but drinking accelerates the process. Lower brain volume and large white matter lesions are associated with the progression of dementia and problems in thinking, learning, and memory.

*Source: Women's Health Advisor*



## A Word of Thanks From Pastor Shawn Boonstra

Dear Friends of It Is Written,

Mere words cannot express my appreciation for all the calls and e-mails of support that arrived in the It Is Written office after the e-mail I sent yesterday. It's been so overwhelming that we can hardly keep up, but please know that your messages have buoyed my heart.

Since it appears that some rumors are still circulating, I wanted to reaffirm yesterday's news:

Due to health issues, I am relinquishing my duties as Speaker/Director of It Is Written. I take this step with considerable regret because I believe the work of It Is Written is the most important and the most exciting work on earth. Again, I would like to thank all of those who support this ministry, and all of those who have prayed for me these last few months!

It is not in my nature to be open about my personal health, but I wanted to restate the following because I know people have expressed concern: I'm not dying, I don't have cancer, and I don't have a life-threatening disease. I am, however, dealing with a serious health challenge, and it has gotten to a point where I must take a sabbatical to give my body time to rest.

I am currently in the care of some of the best physicians around, and the thing I would most treasure right now is your continued prayers for my health and my family. Thank you for respecting our privacy at this time.

Again, let me assure you that the It Is Written ministry will not skip a beat in its passion for soul-winning. Our search committee has been prayerfully considering a number of outstanding evangelists, and I have no doubt that the Lord is leading in these efforts—just as He has led throughout the history of this incredible ministry.

Stay tuned, because we expect to have some exciting news along these lines in the coming weeks. As soon as the new Speaker/Director is chosen, you'll be one of the first to know!

It Is Written's current projects are still on track. Your support this month is especially crucial as the ministry moves forward with its bold evangelistic plans for Las Vegas, our growing My Place With Jesus ministry, mission outreach to Papua New Guinea, and other efforts around the world.

With God in charge, a new Speaker/Director to come, an excellent staff in place, and a wise and experienced board, I can't wait to see how God's work moves forward through It Is Written. Thank you once again for all your love and support.

Your brother in Christ,  
Pastor Shawn Boonstra  
(Posted on December 02, 2010)

**Update: John Bradshaw, the New Zealand-born pastor of the Village Adventist Church in College Place, Washington, has accepted the call to become the new speaker/director of It Is Written.**



**Health Ministry Tip**  
**Are You Sleep Drunk?**  
*Submitted by Nina Roberts*  
*Source: Lead Magazine*

365 days, 525,600 minutes, 31,536,000 seconds. All these figures represent time within a year. Time is very important and is essentially split into two basic categories; consciousness and unconsciousness. Sadly, many people don't make proper use of their conscious time, much less their unconscious time.

How can one misuse unconscious time? Experts say that one of the most alluring sleep distracters is the Internet. Research suggests that if it takes less than five minutes to fall asleep, then you're sleep deprived. A well-rested person falls asleep within 10 to 15 minutes of lying down. A person holds the world record for most consecutive days without sleeping. The record is 18 days, 21 hours and 40 minutes! That's quite a feat, but there is a flipside. After 17 hours of being awake, the body's performance is equivalent to someone with a blood alcohol level of 0.05 percent.

So the term "drunk with sleep" has some merit. Loss of enough sleep can cause me to behave like a drunkard. Imagine that!

We all know the dangers of drunk driving. So why aren't the dangers of not getting enough rest emphasized more? Studies estimate that one in six fatal road accidents are caused because of fatigue. Sleep deprivation also played a role in the 1998 Exxon Valdez oil spill of the coast of Alaska, the Challenger space shuttle disaster, and the Chernobyl nuclear accident.

But we're not always at fault for not getting enough rest. Outside or unfamiliar noises during the first and the last two hours of sleep have a most disruptive effect on the sleep cycle. And I've read that those lovely newborns cost their parents 400-750 hours of sleep in the first year! This is especially bad news for women, because women need up to an hour extra sleep per night. Scientists relate this fact to women being more susceptible to depression than men.

I recently read an article entitled "Is Sleep Essential?" To people who have ever worked 45 hours in a week or crammed for a test, this question is a no-brainer. Sleep is essential! I've got to rest so that my body can recover from all my hard work. Yet some scientists have managed to complicate such a simple question—yes you can go to school to learn about sleeping. They argue that sleep is nothing more than a body's time to be immobile and are still trying to figure out sleep's core purpose at the cellular level. But you and I already know that we need sleep so that our bodies can rest. That's the bottom line.

And isn't that why God created the seventh day—so that our bodies have a chance to rest from the routine and communicate more fully with Him? But, again, some worldly "researchers" question this truth as well. Yes. There are agnostics and atheists who claim that God doesn't exist. But God is a very important part of my life! I get out of sorts when I miss my talk time with God! So in my Day-Timer I schedule time with Him. I actually make appointments with God. And it's interesting that when I spend enough time with Him, He becomes part of my unconscious thinking. Even popular artists sing about having Jesus on their mind—even while they're singing.

**OFFERING SCHEDULE**

Jan 1: Church Budget  
Jan 8: Conference Development  
Jan 15: Church Budget  
Jan 22: Religious Liberty  
Jan 29: Walla Walla University

**MONTANA CONFERENCE CALENDAR**

**January**

**16-18: Pastors'/Teachers' Meetings**  
**21-22: ShareHim Boot Camp in Kalispell**  
**30: Pinewood Derby in Missoula**



# January 2011



| Sun   | Mon   | Tue  | Wed  | Thu   | Fri   | Sat  |
|---|---|--|--|---|---|--|
|   |   |  |  |   |   | <b>1</b><br>Speaker: Alvaro Sauza<br>7:00 Week of Prayer                                     |
| <b>2</b><br>7:00 Week of Prayer                     | <b>3</b><br>6:30 - 8:00 Path-finder Meeting<br>7:00 Week of Prayer                                | <b>4</b><br>7:00 Week of Prayer                    | <b>5</b><br>11:00 Amazing Grays at manor<br>7:00 Week of Prayer  | <b>6</b><br>7:00 Week of Prayer                           | <b>7</b><br>Sunset: 5:04<br>7:00 Week of Prayer | <b>8</b> Speaker: Alvaro Sauza. Children's Church. Fellowship Meal. 5:30 Agape Feast at MVE. |
| <b>9</b>  | <b>10</b><br>6:30 - 8:00 Path-finder Meeting  | <b>11</b><br>7:00 p.m. Water of Life Board Meeting | <b>12</b><br>11:00 Amazing Grays at manor<br>7:00 Prayer Meeting | <b>13</b>   | <b>14</b><br>Sunset: 5:13                       | <b>15</b><br>Speaker: Alvaro Sauza. Children's Church  |
| <b>16</b><br>Deadline to submit to newsletter       | <b>17</b> 5:30 School Board Meeting<br>6:30 - 8:00 Path-finder Meeting. MLK, Jr. Day, MVE closed. | <b>18</b>  | <b>19</b><br>11:00 Amazing Grays at manor<br>7:00 Prayer Meeting | <b>20</b><br>6:30 Single's Group Meeting, Fireside Chapel | <b>21</b><br>Sunset: 5:23                       | <b>22</b> Speaker: Alvaro Sauza. Children's Church<br>Fellowship Meal                        |
| <b>23</b>   | <b>24</b><br>6:30 Church Board Meeting<br>6:30 - 8:00 Path-finder Meeting                         | <b>25</b>  | <b>26</b><br>11:00 Amazing Grays at manor<br>7:00 Prayer Meeting | <b>27</b>   | <b>28</b><br>Sunset: 5:33                       | <b>29</b><br>Speaker: Alvaro Sauza   |
| <b>30</b><br>Pathfinder Pine-wood Derby. See pg. 8. | <b>31</b>   |  |  |   |   |  |

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Have suggestions for the newsletter? Please share them with Stacy. This is YOUR newsletter!!