

March, 2011

MISSOULA SEVENTH-DAY ADVENTIST CHURCH



Missoula News & Mountain Views

Message From The Pastor

Inside this issue:

Message From the Pastor	1
Announcements	2
Book of the Month - Love Out Loud	3
Recipe - Spring Salad	4
Song of the Oak	4
How Much Better is Organic Food?	5
Stewardship Corner	6
Health Ministry Tip	7
Kids Kormer	8
Calendar	9

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.

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Dear Church Family,

Over fifty of our members are involved in the *40 Days of Prayer* with a partner. What the Lord is doing is obvious to those who are participating. We are learning the difference prayer can make in our lives and the life of the church. We are learning that prayer is not only a privilege but a necessity. We are learning that there is power in partnering with a friend and coming together daily in prayer. We are learning that if we are to be prepared for Christ's return, prayer needs to be at the heart of all we do. We are learning that our experience in prayer need not end after forty days, but can be the beginning of a Spirit dependent, Spirit driven, Spirit filled life that will accomplish in us all that God has promised.

I must admit that over the years my success in prayer has been more intermittent than persistent. There have been times when I have gotten hold of the arm of the Lord, but usually I have not been able to sustain the grasp. The biggest challenge for me has been that of making prayer and sitting at the feet of Jesus essential in my life.

But if I'm to follow my Lord in all things, I must learn to make prayer a priority. For me, prayer has been preparation for the battle, but for Jesus, prayer seemed to be the battle itself. For Jesus, prayer was like running the marathon, and ministry was like going to receive the gold medal. It was not at Pilate's hall where Jesus shed great drops of blood. It was not as he staggered under the load of the cross up Golgotha's hill. It was in the Garden of Gethsemane where victory was determined—it was there where the battle was won. The writer to Hebrews tells us that with "vehement cries and tears" Jesus made his petitions to God (See Heb 5:7).

It is recorded that Christ's disciples asked Him, "Lord, teach us to pray" (Luke 11:1). That has become my prayer, "Lord, teach me to pray". I want to be the man of prayer that Jesus was. I know if I'm to pray like He prayed, I need to love like He loved. I need to be filled

Continued on next page ➔

Pastor's Letter Continued

with the Spirit as He was. For these things I pray, believing He will grant them to me. He is my example. And even more, He is my assurance that I can have my heart's desire (Mark 11:24). I believe He will answer that prayer for each of us as we seek to follow our Lord in every aspect of our lives.

In Christ,
Pastor Alvaro

Remembering our Men and Women in Uniform

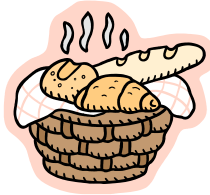
We'd like send Easter packages to our deployed military. If interested in helping to stuff them, bring items to church and we'll get them packed. To help with postage, let me know. Deborahllamb@gmail.com or (253) 797-6571. Thank you.

Daylight Savings Time begins on **March 13th** at 2:00 a.m. Don't forget to spring forward one hour!



IN DEPTH BIBLE STUDY

Advanced Bible Study every Wednesday night at the church at 7:00 p.m. The invitation is for everyone to come and enjoy a special time of singing, prayer and the study of God's word. Join us in the Fireside Chapel for this mid-week spiritual lift!



ASHLEY'S KITCHEN

Fresh from our kitchen to yours!

m_jcrider@bresnan.net

406-549-8414

Call or email for a new flyer with additional items and prices

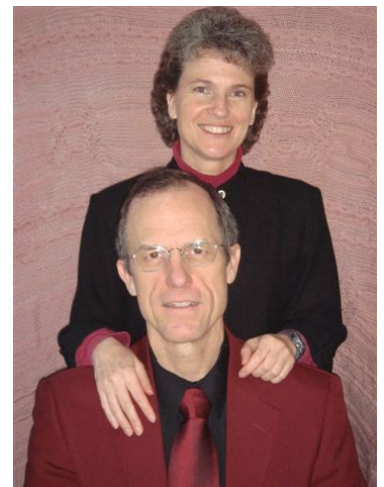
MARCH SPECIAL: CARMEL POPCORN

Sabbath, March 19 with the Knowles

Our new Montana Conference President, Merlin Knowles and his wife Cheryl, will be our honored guests for Sabbath, March 19. This will be a special Sabbath with emphasis on the family. The Knowles will lead out for the Sabbath School and worship service as they present the patriarchs from a family systems perspective. Sabbath School will be a Bible Study and members will need to have their Bible's. The sermon will be shared by both Merlin and Cheryl. That afternoon (time to be determined) the Knowles will present a two-hour seminar on marriage entitled, Growing Healthy Relationships. This seminar will emphasize relational principles that will be helpful to singles as well as those married. Everyone is invited!

Merlin and Cheryl Knowles have pastored since 1979 in Idaho and New England. They have been involved with family ministry for the past 25 years. Merlin received a BA in Theology from Walla Walla College and a Master of Divinity from Andrews University. He recently successfully defended his dissertation for a Doctor of Ministry in Family Ministry at Andrews. Cheryl has a BS in Child and Family Studies. They have been married to each other for 33 years. They have 2 married children who reside in Idaho, a 16-month old granddaughter and a grandson born in February, 2011.

We look forward to hosting Merlin and Cheryl on this special Sabbath, March 19 and getting acquainted with our new conference leaders.



Health & Balance Chiropractic Clinic (406) 493-7402

March Madness Special Offer
With this Coupon
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\$20 Dollar Adjustments
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A \$115 Dollar Value

Dr. James Ryan
Chiropractic Physician
2409 Dearborn Suite I
Missoula MT
(406) 493-7402



WORD OF THANKS

Rose Zimmerman would like to thank her church family for their prayers and support.

PRAYER MINISTRY

Please join our prayer ministry team today by e-mailing your contact info to Missoula.Prays@innercite.com or calling Jean Bartling at 728-2271 or Carolyn Millard at 273-2751. We also have packets of info for our team members available to help you pray using Bible promises. Please join with us, as prayer requests made to this ministry are only shared with those who have chosen to participate.

Book of the Month—

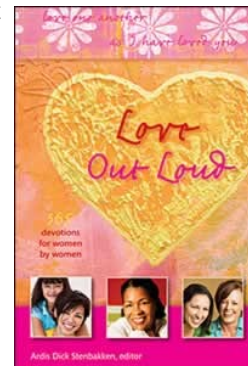
Love Out Loud—365 Devotions for Women by Women

Editor: Ardis Dick Stenbakken

Listen, as women from around the world shout God's praise. Moments of joy and seasons of heartache are common in all of us, yet these women have learned to watch and listen for God's love in action—His love "out loud." They have recognized His hands reaching out in welcome, His tears sliding down the face of a beloved friend, His voice whispering words of encouragement. And even when He was silent and the world seemed to be crashing down around them, they have felt His presence. You never know...you may have already heard His love out loud too.

Editor's Note: I included this book as the book of the month because I purchased it when the church was purchasing various devotional books at the beginning of this year. I have been SO blessed by this book! I look forward to reading this daily devotion every morning and it has been a wonderful start to my days. I highly recommend this to my sisters in Christ.

Available at :
www.adventistbookcenter.com



Works for Me...



We all get heavier as we get older because we have a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold anymore—so it started filling up the rest of me. That's my story and I'm stickin' to it!

Verse of the Month - Ezekiel 33:11

As I live, says the Lord God, I have no pleasure in the death of the wicked, but that the wicked turn from his way and live. Turn, turn from your evil ways! For why should you die, Oh house of Israel?



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12-17-2003

EXCITED NEW CHRISTIANS TEND TO SHOUT IT FROM THE MOUNTAIN TOP WITHOUT THE PROPER ATTIRE

Recipe of the Month— Spring Salad

Source: *Vegetarian Times Magazine May/June 2009*, via Editor's mom, Patty Harmon (Thanks mom!)

Ingredients:

- 1 cup uncooked brown rice
- 1-2 cups fresh parsley, chopped
- 1 celery stalk, chopped
- 4 radishes, sliced into matchsticks
- ½ cup dried cranberries
- 2 Tbsp. chopped red onion
- 1 clove garlic, minced (1 tsp.)
- 2 Tbsp. olive oil
- ½ lemon, juiced and zest grated
- ¼ tsp. salt
- 2 Tbsp. pecans (plain or candied)
- 2 Tbsp. crumbled feta cheese

Directions:

Cook rice according to package directions. Let cool. Combine rice, parsley, celery, radishes, cranberries, onion, and garlic in medium bowl.

Combine oil, lemon juice, and salt to taste. Stir well. Add dressing to salad mixture, and top with lemon zest, pecans, and feta. Toss lightly and serve.

Serves: 8



Song of the Oak

By Jeanina Bartling



A very local wind blew across our five acres this morning. So local, in fact, that of the 25 to 30 trees in my sight, only one stirred.

I was standing on the deck, looking down the slope and across the dry creek bed. The pines and occasional oaks lifted motionless tips to a cloudless sky. Then I heard music, wind music. Turning, I saw the old, twisted oak tree east of the cabin alive with activity.

Together, the wind and autumn sun had created a symphony, and the oak leaves were dancing, turning, and pirouetting in graceful abandonment. Reflected sunlight glinted and frolicked as the leaves danced to a susurrus rhythm. A scant 10 feet away, branches from a pine tree moved just a whisper. I looked at my favorites nearby, a grouping of five pines that stood tall and proud. Silently, each raised still, needled boughs and seemed not to hear the rustling song of the oak.

Christ's comparison of the Spirit to the wind came to mind, and I thought about what I'd read earlier in the week: "It (the Holy Spirit) may be falling on hearts all around us, but we shall not discern or receive it" (*Testimonies to Ministers*, p. 507). These are they who have not opened their hearts to the former rain; the latter rain's coming is unnoticed, unfelt.

A deep yearning came over me to be like the oak. Yes, it was an old, gnarled thing, and the pines were impressively handsome. But...the oak has a song.

Published *Adventist Review*, January 24, 1991

Walnuts

Research from Tufts University found that diets containing walnuts help slow down aging of the brain. Lab studies also found a walnut-rich diet helps reverse age-related motor and cognitive deficits.

Source: *Vibrant Life*, Jan/Feb 2011



MAKING SENSE OF THE CREATION-EVOLUTION DEBATE: IS IT IMPORTANT FOR CHRISTIANS?:

Dr. Timothy G. Standish, a respected research scientist in the field of Genetics, and Dr. Ron E.M. Clouzet, a practical theologian and seminary professor, will host a Creation-Evolution seminar to be broadcast on the Hope Channel May 4-8. The five evening sessions beginning at 7:30 pm ET will cover topics that many find troubling as they read news articles and hear brief reports of recent research that often raise questions in the creation vs. evolution debate.

How Much Better is Organic Food?

Submitted by Harriet Snyder

The term “organic” on a food label means that the food has been produced without the use of artificial pesticides and fertilizers. Naturally occurring pesticides (which are few in number and less effective) are allowed, as well as natural fertilizers such as manure. California has legally defined when a grower can claim on the label that a product is organically grown, and most other states follow these same guidelines, so you can have some confidence that the claim does mean something.

While organically produced food sounds more like the way we would grow things in our own garden, and intuitively sounds safer and better, these foods are significantly more expensive than conventionally grown food. So we might wonder how important it would be to buy organic. Or maybe we should just avoid fruits and vegetables since we might not be able to afford organic!

Well, that would certainly be a mistake, because the animal products and other foods we eat are not raised organically either, and therefore would also have the same possible problems. Nutrition authorities all agree—eat more fruits, vegetables, whole grains, legumes and nuts, even if you can't easily afford organic.

It is nice to know that studies have shown that about 2/3 of produce does not contain any traces of pesticides by the time the food comes to market. But there is a “Dirty Dozen” list of produce that is more likely to contain significant pesticide residue. If you can afford to buy some organic foods, these are the ones to consider, especially if you eat them more often: **Peaches, Apples, Bell Peppers, Celery, Cherries, Nectarines, Strawberries, Kale, Lettuce, Imported Grapes, Carrots, Pears.**

On the other hand, there is a “Clean Fifteen” list of foods that are least likely to contain pesticide residues, so these are the last ones to worry about: **Onion, Avocado, Sweet Corn, Pineapple, Mango, Asparagus, Sweet Peas, Kiwi, Cabbage, Eggplant, Papaya, Watermelon, Broccoli, Tomato, Sweet Potato.**

OFFERING SCHEDULE

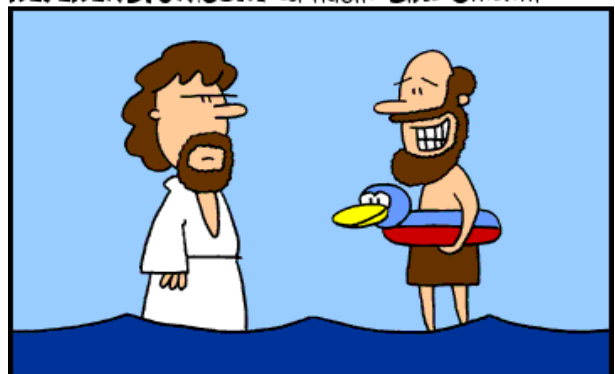
- March 5: Church Budget
- March 12: Adventist World Radio
- March 19: Church Budget
- March 26: Evangelism

MONTANA CONFERENCE CALENDAR

March

17-27: MEA Spring Break (starts at noon on the 17th)

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(See Matthew 14:24-33)

02-06-1998

PETER'S EARLY ATTEMPTS TO WALK ON WATER WITH JESUS DISPLAYED AN INADEQUATE AMOUNT OF FAITH

Stewardship Corner

Written by: Dave Rhynard

Greetings Loved Ones. Here we are with another month flying by. I can scarcely believe it and yet it is true. For those of you that know me, you know that the closer we get to Spring, the happier I will be, but I still don't like the pace of the days flying by. I guess I should be happy though since every day that passes brings us closer to the coming of Jesus.

We have now completed the series of gatherings that we used to get acquainted with you, the congregation, and to see how our church can better serve you. In the coming days, I hope to put together a presentation of our findings to give to you.

One of the things that has come out of the discussions that I would like to give you now is something that you can all be preparing for. We as a congregation are very adept at discussing and even planning for the future. We are not at all very good at moving on the plans that have been made. It seems as though we have not set any goals to move towards, and since we haven't done that, we don't have any way of measuring whether we have actually accomplished them or are in the process of accomplishing them.

An acquaintance of mine from many years ago was a very wealthy man. He owned and operated a bakery products distribution company as well as a bakery. He was such a down to earth kind of guy that it was easy to ask him the secret of his success. He answered with one word, "GOALS". When he was 16 he decided that he would never succeed, in his way of thinking, until he was a property owner. He was working in a bakery at the time and also delivering papers and other odd jobs. He set his mind to the problem and with great care and a lot of work, he was indeed the owner of a vacant lot before he turned 17. In his mind, that became a first step. He then decided to turn that lot into 2 lots and so on and so on. Things went very well for him and he decided that he needed to have a company that was doing \$ 1,000,000.00 a year in business before he had his 21st birthday. Again, every bit of energy was dedicated to that goal. He was successful there too.

It became his life's work to set goals and achieve them, but he never stopped to bask in his success before setting yet another goal. Have we as a church really established who we are and where we are going? Do we have goals that we are dedicating our energies to achieve? I'm not talking about the world church, I'm talking about the Missoula Seventh-Day Adventist Church. I submit that we have not. We do have a lot of wonderful programs that have started up such as the prayer ministry, the singles ministry and new things that have made the worship service more efficient and enjoyable. There are many people working hard at these positions and I don't mean to diminish their efforts. But, what is our mission statement, our goal as a whole? Who are we and where are we going? You may think I am overlooking the school and I am definitely not. Your support of the school is so wonderful at this point that it brings real tears of joy to see it.

Have we made the success of the school a goal, despite the fact that we haven't put that goal in writing? Wonderful!!!! Then what is the measure of the success that we are looking for? What yard stick are we using to see if the goal is being reached? I would ask you to prayerfully think about who we are as a congregation, what we are best at, where we need to be, and how we are going to get there. The next time we get together, I hope we will have the opportunity to discuss this. We really need to be in motion and we are not. We have discussed things forever and the time is now that the discussion must lead to motion. With every day flying by, are we really preparing the mission field around us for the culmination of time on this earth or are we discussing it some more?

Let's be the stewards that God has asked us to be and stand up and move. I have found that when I stand up it hurts and it takes awhile to get things limbered up so I can proceed efficiently. I have found too that once I am in motion, I can get things done very nicely as long as I keep moving. Those of you with arthritis understand this well. I make another submission that we as a congregation are a bit arthritic but if we can set our goal in place and stand up and get moving, we'll be amazed at how good it feels.

Think on these things and we'll talk.

Blessings,
Dave Rhynard



Health Ministry Tip Diabetes and You, by Don Hall

Submitted by Nina Roberts

Source: Lead Magazine

Diabetes is increasing at a rapid rate. For example, in the United States in the last 10 years, rates are up 33 percent. Currently, there are nearly 24 million people with diabetes in the United States and unfortunately, 5.7 million don't even know they have the problem. Another 57 million people have been diagnosed as having prediabetes! (American Diabetes Association, *Facts and Figures*).

Recent studies indicate that diabetes is largely preventable by adopting a healthy lifestyle. In the Nurses' Health Study (84,000 women followed for 16 years), researchers concluded that 90 percent of all new cases of diabetes could have been prevented by a more healthful lifestyle (*New England Journal of Medicine*, vol. 345, pp. 790-797).

Based on the Nurses' Health Study and other research:

1. **Achieve and maintain a healthy weight.** Excess body fat, measured as body mass index (BMI), is the primary risk factor for diabetes. "Healthy weight" is defined as a BMI of 18.5 to 24.9. A BMI of 20-23 is ideal for most women; 21-24.9 is ideal for most men.
2. **Get regular physical activity.** Exercise acts much like insulin in the body and is a key therapeutic action for both treatment and prevention of diabetes. Regular activity helps control weight, normalizes blood pressure and blood fats, and reduces insulin resistance that is closely linked to type 2 diabetes. The national guideline for fitness states, "Every U.S. adult should do 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week" (*Journal of the American Medical Association*, vol. 273, pp. 402-407). Regular activity can reduce the risk of diabetes by 25-50 percent.
3. **Don't smoke.** Nonsmokers had a 34 percent lower risk of getting diabetes (*New England Journal of Medicine*, vol. 345, pp. 790-797).
4. **Limit eating sweets and refined foods.** Highly refined foods are absorbed more quickly, resulting in a higher insulin response. Eating a lot of these "high glycemic index" foods increases the risk of developing diabetes. High-glycemic-index foods include: Sugar and most desserts; soft drinks, sugar-sweetened drinks; white rice, refined sugary cereals; French fries, most snack foods; white bread, rolls and pancakes.
5. **Eat more high-fiber foods.** High-fiber, unrefined foods slow the absorption of carbohydrates and decrease the insulin demand. These foods protect against diabetes. It's recommended that you eat at least 15 grams of dietary fiber per 1,000 calories eaten per day. That's generally more than 30 grams of dietary fiber daily. Good sources of high-fiber foods include: Whole-grain breads, oatmeal, brown rice, cereal; Fruits: apples, bananas, berries, melons, citrus; Vegetables: salads, greens, squash, broccoli, cabbage, tomatoes, peppers, peas; Legumes: peas, lentils, beans, garbanzos, soy; Nuts, Seeds. Limiting refined and high-glycemic foods and eating more fiber can cut your risk of diabetes in half.
6. **Choose healthy fats.** The Nurses' Health Study showed that reducing trans fats (found in foods with partially hydrogenated vegetable oils) by only two percent and replacing them with polyunsaturated fats resulted in a 40 percent decreased risk of getting diabetes.
7. **Regular checkups.** People age 45 and older should have a fasting blood glucose test for diabetes at least once every three years, according to the American Diabetes Association. This test should be started at a younger age and done more often for those who are at high risk.



Create an Adventist History Time Line

Add up the numbers to discover the years in which these important events happened. Then put the dates on your own Adventist history time line.

First organized Sabbath school

$$548 + 828 + 400 + 77$$

= _____

The Great Disappointment

$$917 + 463 + 464$$

= _____

William Miller starts preaching

$$812 + 654 + 365$$

= _____

Ellen White has vision about importance of Sabbath

$$748 + 99 + 1000$$

= _____

John Nevins Andrews is first official Adventist missionary to Europe

$$531 + 343 + 1000$$

= _____

First General Conference session

$$800 + 250 + 800 + 13$$

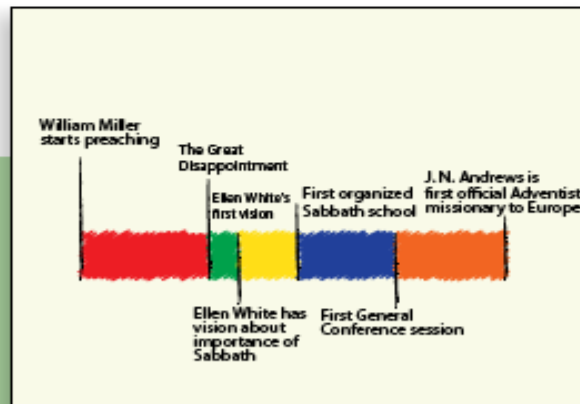
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Ellen White's first vision

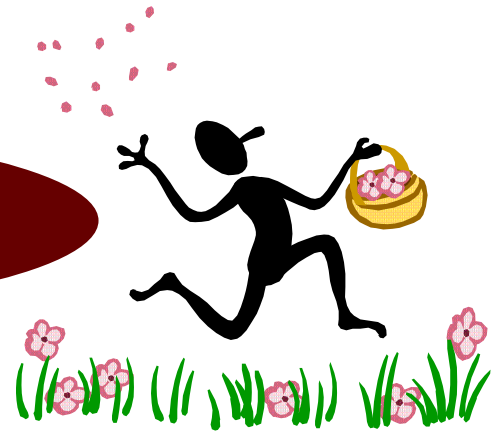
$$789 + 155 + 900$$


= _____

To create your time line you will need a ruler with a centimeter scale on it, a blank piece of paper, a pencil, and markers. Turn the paper on its side as shown. Measure 4 cm from the left edge and draw a line. Put your first date there. On the time line every ½ cm (5 mm) will equal one year. For example, 11 years would be 5½ cm. Use your creativity to decorate your time line: color it, draw pictures on it, etc. Have fun! Oh, send pictures of your time lines to visionary4kids@gmail.com and we'll post them on our blog!



March 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 11:00 Amazing Grays at manor 7:00 Prayer Meeting	3 6:30 Single's Group Meeting, Fireside Chapel	4 Pathfinder Winter Campout thru the weekend. Sunset: 6:26	5 Speaker: Alvaro Sauza Children's church
6	7 6:30 - 8:00 Pathfinder Meeting	8 7:00 p.m. Water of Life Board Meeting	9 11:00 Amazing Grays at manor 7:00 Prayer Meeting	10	11 Sunset: 6:36	12 Speaker: Alvaro Sauza. MVE to assist in service. Children's church. Fellowship Meal. 6:30 MEA Concert
13 Daylight Savings Time! Spring Forward!	14 6:30 - 8:00 Pathfinder Meeting	15 Deadline to submit to newsletter.	16 11:00 Amazing Grays at manor 7:00 Prayer Meeting	17 6:30 Single's Group Meeting, Fireside Chapel. St. Patrick's Day	18 Sunset: 7:46	19 Speaker: Merlin Knowles. See pg. 2. Children's church.
20 FIRST DAY OF SPRING! 	21 5:30 School Board Meeting 6:30 - 8:00 Pathfinder Meeting. MVE Spring Vacation thru 27th.	22	23 11:00 Amazing Grays at manor 7:00 Prayer Meeting	24	25 Sunset: 7:56	26 Speaker: Alvaro Sauza. Fellowship Meal.
27	28 6:30 Church Board Meeting 6:30 - 8:00 Pathfinder Meeting	29	30 11:00 Amazing Grays at manor 7:00 Prayer Meeting	31		

**Missoula Seventh-Day
Adventist Church**

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Missoula, MT 59801**

ADDRESS SERVICE REQUESTED

SOURCE “Missoula News & Mountain Views” is published by the Seventh-Day Adventist Church in Missoula, Montana.

STAFF Editor, Layout & Printing: Stacy Nystrom

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