

May, 2011

MISSOULA SEVENTH-DAY ADVENTIST CHURCH

Missoula News & Mountain Views



Message From The Pastor

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Dear Church Family,

I don't get on Facebook very often; only when one of my friends communicates with me will I then respond. This past Sunday I was doing just that when I happened to notice someone's response to a colleague pastor, friend of mine. My friend had posted some information about a Lay Bible Ministries Seminar. In response to his posting, another friend commented in a very negative manner regarding the frailties and faults of God's people, and how their condition would never change. After criticizing the church, this friend then went on to exalt Christ.

While I know those whom the Lord claims as His own have serious faults, nevertheless, the tone and hopeless picture with which this friend responded was incongruent with God's character and revelation.

I think we will all agree that the Bible doesn't pull any punches regarding the human condition. A good example is when the apostle Paul quotes from the Old Testament in his epistle to the Romans, "As it is written; 'There is none righteous, no, not one; there is none who understands; there is none who seeks after God. They have all turned aside; they have together become unprofitable; there is none who does good, no, not one.'" (Romans 3:10-12). This echoes Isaiah, "All we like sheep have gone astray; we have turned, every one, to his own way...." (Isa. 53:6). Isaiah goes on to say that even our righteousness is like filthy rags (Isa. 64:6).

However, notwithstanding our depraved human nature, we have hope, blessed hope because of Jesus who came to save sinners (See 1Tim. 1:15). Inspiration never leaves us without hope. If there is time, we have hope because of the Lord Jesus Christ. If we have breath, we can confess the One who demonstrated His love, by dying for us even while we were yet His enemies (See Rom. 5:8-10).

Because of Christ's unfathomable love for us, Scripture is very quick to follow any rebuke with hope and encouragement for the sinner. For this *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

reason we must be careful never to criticize and condemn the church. To attack the church is to side with the enemy himself. He is the accuser of the brethren (Rev12:10). In contrast, Jesus stands by his people, His church, as its Advocate to defend and protect His precious possession (See 1John 2:1, 2).

And not just God's people, but the lost in the world are to be loved and pitied. Jesus came to this world not to condemn, but to save (John 3:17). So we also, have been given the ministry and the word of reconciliation (2 Cor. 5:18, 19). That is our calling, to work together with our Lord for the salvation of the world (2 Cor. 6:1).

Therefore, we will be "imitators of God... and walk in love, as Christ also has loved us and has given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma" (Ephesians 5:1, 2).

Because of Him,
Pastor Alvaro

The Greatest Show on Earth: Making Sense of the Creation-Evolution Debate

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 that will be shown at our church via a broadcast on the Hope Channel **May 4-8**. The five evening sessions begin at **7:30** pm each night and 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.

Please join us and invite your friends and family, as this is a great topic that many people have an interest in!



Church Business Meeting

For the past several years our church has been looking into the need of providing our congregation with an efficient, updated and attractive facility. Presently we are challenged with our church facility because it doesn't offer an adequate fellowship hall, the electrical system is outdated and has serious need of refurbishing and remodeling throughout. The question we've wrestled with is this: do we remodel and refurbish our present facility, or do we sell our building on South Ave and construct a new church building next to our school on Clements Rd? This is the question we will address at our Business Meeting scheduled for Sunday, **May 15 at 10 a.m.** at the church. All church members are invited to attend and participate in the discussion and decision.

We will begin our meeting with a devotional and season of prayer. Then we will take 3 main steps to accomplish the purpose for our Business Meeting:

1. Review of work done to assess the needs of our present facility, estimate of cost for refurbishing/remodeling, and feasibility study to relocate.
2. Discussion of pros and cons
3. Casting a vote for our future

Please keep this in your prayers so that God will guide us as we seek to know His will for our church.

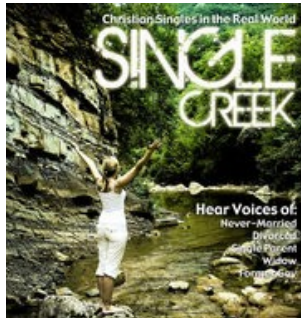


All Church Events Listed on Church Facebook Page!

Remember that all church events are listed on the church Facebook page (do a search for Missoula Seventh-Day Adventist Church) with all of the times, locations and details of each event. When you get to the page, look at the top left and you'll see "Events". Click on this and you'll get a chronological list of everything that is going on in our busy church! It's a great way to stay informed and not miss out! Go to the page and "Like" it today!

Single Creek Documentary Debut Screening—May 21st

The well-received and critically acclaimed documentary, “Single Creek”, produced by Chris Lang, host of “Hope on Fire” on the Hope Channel, will be shown on May 21st, which is the established Adventist Single Adult Ministry Sabbath set aside by the North American Division. It’s a fitting day to hear from real single adults with real issues at all stages of life. Single Creek urges the Church to consider new methods for singles ministry outreach while challenging single adults to live full lives through their faith and talents. More than 25 interviews include voices from the never-married, the divorced, the widowed, the formerly gay and well-known authors and speakers on Singles Ministry.



Watch for familiar faces as Stacy Nystrom was interviewed and as a result, part of the documentary was filmed right in our church, and in the nature surrounding Missoula and Ronan.

May the Lord bless this important film.

The Intermountain Bookmobile is coming to the Missoula Church, Sunday, May 15, from 2:30 to 4:30 p.m.



Remembering our Men and Women in Uniform

Addresses and names of deployed military personnel close to the hearts of those in our church are being provided so that you can write to them directly. Please drop them a line and let them know we love them. Thank you.

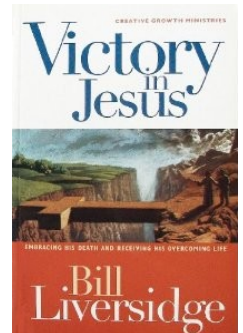
Sgt. Schumacher, Jason
B. Co. TF 1-163
COB Adder
APO AE 09331

PFC Rectenwald, Robert (Patty Johnson’s son)
C-Co. TF 1-163
COS Kalsu
APO AE 09312



Book of the Month— *Victory in Jesus: Embracing His Death and Receiving His Overcoming Life* *Author: Bill Liversidge*

Are you struggling with temptation and sin? Are there things in your life that it seems Christ has been unable to overcome? Are you wondering if victory will ever happen? Are you discouraged, beginning to think you are a lost cause? Is your faith at a low ebb? Perhaps even you've come to the point where you've started to believe that you might as well enjoy the sin if you are going to be stuck with it! Or maybe you just don't feel that you are measuring up to the high standard of God's character. The "fruit of the Spirit" - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control - is not being consistently revealed in your life. If any of this is true in your life, do not despair! There is hope for you! Because every now and then, someone comes along who can preach, teach, or write about salvation and the gospel so clearly - who can make the complex so simple - that it's as if the doors and windows suddenly fly open all around you, and you see truth as you've never seen it before. One such speaker and writer is the author of this heart warming and mind-expanding book (Stacy Nystrom strongly agrees!!!). Pastor Liversidge is committed to making the difficult plain - the complicated easy to understand. With liberal use of real-life illustrations, he shines light on the writings of Paul in the book of Romans, making Paul's theology practical and real. He believes that God wants the way of salvation to be so clear that even a child can understand it. That is Pastor Bill's goal in every chapter. By the time you finish this practical guide to victory, you'll no doubt conclude that he has succeeded in that effort.



Available at : www.amazon.com

IN DEPTH BIBLE STUDY

Advanced Bible Study every Wednesday night (except the 4th) 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!



Recipe of the Month— Mango Lime Vinaigrette

Source: *Patty Harmon, Editor's Mom*
(Thanks mom!!)

Ingredients:

- 1 cup chopped fresh or frozen mango
- ½ cup oil (olive, safflower or sunflower)
- ¼ cup maple syrup
- ¼ cup lime juice
- 1 Tbsp. rice vinegar (or lemon juice)
- 1 ½ tsp. salt
- 1 ½ tsp. grated fresh ginger

Instructions:

Place all ingredients in a blender and puree. When using frozen mango, may either put in frozen or defrosted.



Everybody, Somebody, Nobody and Anybody

Author Unknown

Submitted by: Nina Roberts

This is the story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

It's that time of year when our church family's current Nominating Committee may call you and ask you to consider helping your church by serving in one or more positions. Maybe this funny little story will help us all be more thoughtful to the response we give.

Verse of the Month - Romans 6:10-11

The death that He died, He died to sin once for all; but the life that He lives, He lives to God. Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.



MONTANA CONFERENCE CALENDAR

May

9-11: Ed Fest

20-21: MEA Spring Concerts

OFFERING SCHEDULE

May 7: Church Budget

May 14: Disaster/Famine Relief

May 21: Church Budget

May 28: MT Native American Ministries

There are 5 things that you cannot recover in life:

The STONE, after it's thrown...

The WORD, after it's said...

The OCCASION, after it's missed...

The TIME, after it's gone...

and, A PERSON, after they die.

Submitted by: Karen Hooker

Inactivity Physiology

Submitted by: Carolyn Millard

Physical inactivity—primarily sitting—has some very potent and unhealthy physiological effects. Too much sitting impairs physiology even in people who exercise and are not overweight. Our research is showing that the underlying molecular mechanisms turned on by inactivity are very different from what happens during exercise, and can cause diseases. Too much sitting is hazardous for health and is not the same as too little exercise.

The average American adult spends about 70 hours a week sitting—more time than any other activity, including sleeping. Contrast this to how much we exercise. Most people can't even manage two hours per week. Several independent studies show that people who stand up more on the job or for their leisure activities have lower cardiovascular disease mortality than people tethered to their chair or sofas. Exercise produces a different kind of biological response than we get when we're just moseying around. It's really great news that activities as easy as bringing a friend a cold drink, filing papers, or washing the dishes are good for our health. You can manage this new risk factor without even having to put on special clothing or take a shower afterwards.

It wasn't that long ago that workers would leave their desks to take a smoking break, so why not take a "standing break" that will increase your productivity and improve your health? It's quite possible to talk on the phone while standing up. Stretching, not like a gymnast—but just leaning from side to side, doing a few toe touches, a few squats—helps tremendously. When you're watching your kids at sporting events, mill around and talk to the other parents rather than parking yourself on the hard bleachers. Start thinking about prolonged inactivity as a health hazard.

Adapted from "Stand up for good health" by Marc T. Hamilton in the April 2011 *Consumer Reports on Health*



Farewell to the Prest Family

Dear Montana Conference Family, David Prest and his family have been here in Montana for about 10 years. I have only known the Prests for less than 6 months but I will miss them every much. I have worked closely with David during the past few months and value his friendship. I have observed that he serves with humility, gentleness and kindness. I have found him to be a godly man of much wisdom and tact. He has always been willing to do whatever needs to be done with enthusiasm, carefulness, humor, detail and grace. He has been a faithful, diligent, hard-working person who is often at the office and on the road early and late seeking to move God's kingdom forward here in this great part of God's vineyard. I want the Idaho Conference to know that we are sending you one of our finest. We praise God for His leading but we will grieve the loss personally as well as the loss to Montana Conference constituents. May God richly bless and keep David, Ellen and their family as they move on to lead the Idaho Conference until that day when there will be no more good-byes!

Merlin Knowles, President.

MESSAGE FROM DAVID PREST, JR

It has been a privilege to serve the Lord and His people during the past ten years in the Montana Conference Church Ministries, Trust Services and Ministerial Departments. My family and I have been truly blessed. I have accepted the invitation to serve as the Idaho Conference president. I look forward to this new challenge and joining their fine team in service and ministry for the Lord. As we begin a new chapter in the story of the Idaho Conference, I ask for your prayers and support as we move forward together in Jesus Christ. My family and I will miss the friends we have made during our time in Montana.



Stewardship Corner

Greetings once again people. I still am unable to comprehend the quickness in the passage of time. There's a country song out there called "Don't Blink" and I can really relate to that.

I have two burdens on my heart this time and I am sure I can keep them brief for a change. The first one has to do with the young people we have been blessed with in our church. I have been so impressed by their willingness to be active in our church. The ideas that have come from them have been terrific and most welcome.

For those of you who have received the latest edition of "Adventist World", I would urge you to read the article written by our General Conference President. He has covered the young people's role in the finishing of God's work beautifully. I urge all of you, whatever your age, to read it because he is talking to everyone no matter their age. I will not take the space here to cover his ideas; you need to read it for yourself.

Now, you have the right perspective in mind for when the nominating committee is meeting. We need the young people to be asked to fill jobs that are an important part of the operation of our church. We need them to accept the responsibilities they are offered. Then we need to support them, mentor them, acknowledge them, and help them in any and every way we can. It is their energy and drive that is going to finish the work but it won't happen if we don't let them have the chance. This is too important not to say something about, especially now when we are getting the nominations going. Keep the committee in your prayers and the whole of our congregation too so that the jobs will be filled with eagerly willing candidates.

Second on my list is simply this, we are coming up on a vitally important board meeting on May 15. Every time the church building has been discussed in the past, there has been strife and hurt feelings. I urge you all to come to the meeting; it is very important that you do. Please however leave the closed minds and negativity at home. Let's discuss this as brothers and sisters in Christ and be so filled with His Spirit that we will have no question what He wants us to do because we can hear Him speak. This is His Church; let's hear His opinion. Thank you so very much.

Blessings,
Dave Rhynard

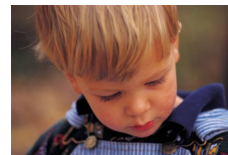
Danny DeLuna in Concert!

Danny DeLuna is the recording artist, soloist and pianist that has been featured at the Cowboy Camp Meeting in Florence for the past 5 years. He has also presented concerts in many SDA Churches throughout the West (including ours!) and Southwest of North America. He will be presenting a concert on **May 14th at 8:00 p.m.** until 9:20. Afterwards he will make his CDs available for purchase.



New Children's Ministries Website

Check out the new Adventist Children's Ministries Association (ACMA) website. It has a new look. A one year membership fee of \$29.95 gives leaders in Children's Ministries access to a huge resource library and a one year subscription to Kid's Ministry Ideas.



Need Money for School?

Are you interested in a summer job where you can work for God, experience miracles, and help pay your school bill all in one? This summer there will be a nine week Megabook Program in Montana. Canvassing is a great opportunity to improve your skills, learn new ones, and enrich your walk with God. We plan to finish off the program with a retreat in Glacier National Park. If you are interested in learning more please contact Heidi Hunt at heavenwardbound16@yahoo.com or by phone at 509-250-1819. The spaces are filling up quickly so please let Heidi know by April 21 if you have any interest.

Health Ministry Tip
Your Choice: A Temple or a Shack
Submitted by Nina Roberts
Source: Lead Magazine, written by Royce Bailey

Scripture: 1 Corinthians 6:19-20

What do you eat for snacks? What are your favorite foods and drinks? Do you have a love affair with fried and sugar-filled foods? In a recent first-grade class in North Carolina, more than half of the pupils ate fast food daily. Many were unaware that this might be unhealthy. Some children had even been told not to drink water, so they drank soda instead.

Our genetic profile plays a big role in determining how fat we are as well as our ultimate height. Fat cells communicate with the brain, saying, “More chocolate, more French fries” via a hormone called leptin, which signals the brain to suppress your appetite. When we burn fat, leptin levels fall and the hunger center of the brain (thalamus) says: “Eat something.”

Your weight depends on how much you eat and how much you move. Researchers have found another trait that determines how fast we burn calories: fidgeting. Some people tap their fingers or jiggle their legs more than others. Natural fidgeters unconsciously increase their activity level after they eat too much and tend to weigh less than those family members who did not fidget and ate the same amount of food.

Cancer-causing chemicals are found in most of our food sources. Acrylamide is an industrial chemical used in plastics, pesticides, and sewage treatment. Acrylamide can form when starchy foods are processed at high temperatures. It is formed during preparation of bread, coffee, breakfast cereals, chips, and other fried, baked, or roasted high-carbohydrate foods. Raw food materials used in these foods have shown no trace of acrylamide.

An ordinary bag of potato chips may contain up to 500 times more acrylamide than the top level allowed in drinking water by the World Health Organization (WHO). That means that eating a single potato chip may contain enough acrylamide to equal the maximum allowed for drinking water. French fries sold at Burger King and McDonald’s contained 100 times the one microgram per liter of acrylamide maximum permitted by WHO.

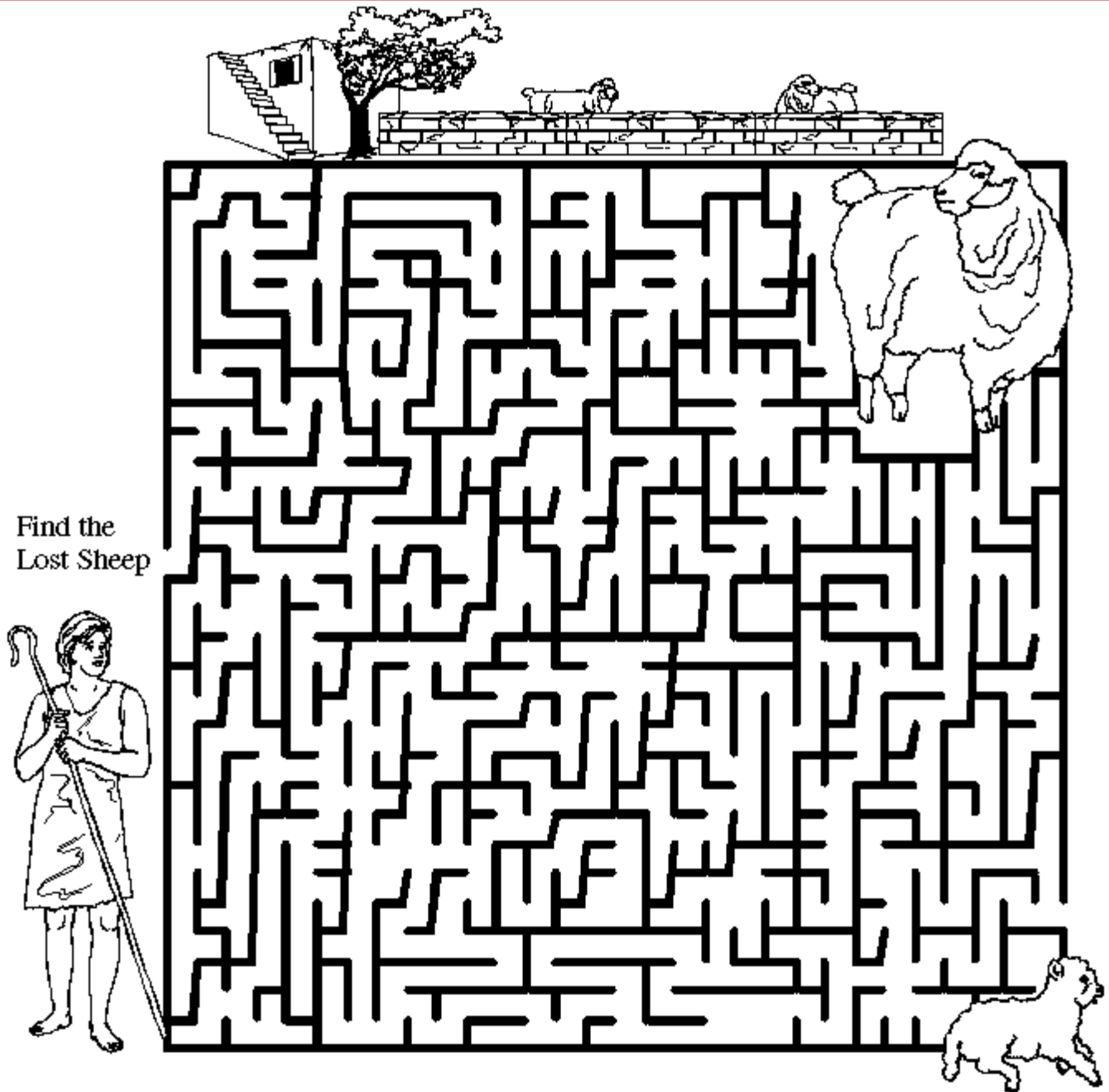
As you avoid processed, high-carbohydrate, deep-fried foods, remember the importance of water. Your body is at least 60 percent water and is essential for your health. Sixty-four ounces, 8 eight-ounce glasses, is a minimum for body maintenance. Drink water often – not soda, juice or other beverages. My prescription for exactly how much water to drink is this: Divide your body weight in pounds by 2.2. This is your weight in kilograms. This same number is the number of ounces that your body requires each day.

Red fruit can be a powerful guardian for your health. Red fruits (watermelon, red berries, red grapefruit, cranberries, and cherries) are loaded with beneficial plant compounds called phytochemicals, which preserve your health by keeping your brain agile as you age, guard against heart disease and cancer, ease arthritis, and ward off urinary tract infections and stomach ulcers. Many phytochemicals are antioxidants that fight off health-damaging free radicals.

We can’t pick our parents or change our genes, but we can choose what we eat and refuse to eat. We choose to watch an hour of TV or go for a walk. So here are some tips: Pray without ceasing, exercise, increase your water intake, eat very little, or eat raw veggies for your evening meal, during stressful times eat more protein, not calorie rich fats and sugars, and avoid processed, high-carbohydrate, deep-fried foods.



Kids Korner!

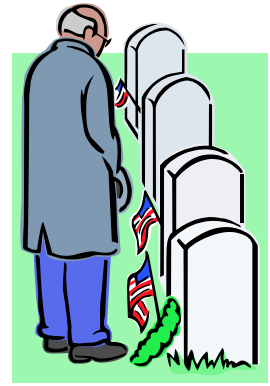


Do you really matter to God?

Once, when Jesus was talking with a group of children, He said, "What do you think? If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? And if he finds it, I tell you the truth, he is happier about that one sheep than about the ninety-nine that did not wander off. In the same way your Father in heaven is not willing that any of these little ones should be lost (Matthew 18:12-14)." Jesus Christ is concerned about each and every one of us, especially children! We are special and unique to Him... He loves us very much.

Source: Kid Explorers activities, www.KidExplorers.com—Copyright Eden Communications.

May 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:30 - 8:00 Path- finder Meeting	3	4 11:00 Amazing Grays at manor 7:30 - Creation- Evolution Seminar at the church.	5 6:30 Single's Group Meeting, Fireside Chapel. 7:30 - Creation- Evolution Seminar at the church.	6 7:30 - Creation- Evolution Seminar at the church. Sunset: 8:53	7 Speaker: Alvaro Sauza 7:30 - Creation- Evolution Seminar at the church.
8 Mother's Day! 7:30 - Creation- Evolution Seminar at the church.	9 6:30 - 8:00 Path- finder Meeting MVE Ed Fest, Grades 5-8. Runs thru 11th.	10 7:00 p.m. Water of Life Board Meeting	11 11:00 Amazing Grays at manor 7:00 Prayer Meeting	12	13 Sunset: 9:02	14 Speaker: Alvaro Sauza. Fellowship Meal. 8:00 Danny DeLuna concert, see pg. 4.
15 10:00 Church Business Meeting at the church. 2:30 - Intermountain Bookmobile - church.	16 5:30 School Board Meeting. 6:30 - 8:00 Path- finder Meeting	17	18 11:00 Amazing Grays at manor 7:00 Prayer Meeting	19 6:30 Single's Group Meeting.	20 Sunset: 9:10	21 Speaker: Special presentation
22	23 MVE School Picnic 6:30 Church Board Meeting. 6:30 - 8:00 Pathfinder Meeting	24	25 11:00 Amazing Grays at manor 7:00 Prayer Meeting	26 MVE Gradua- tion/Closing Pro- gram	27 Sunset: 9:18 MVE: Last day of School! Have a great summer kids!	28 Speaker: Alvaro Sauza. Fellowship Meal.
29	30 Memorial Day 6:30 - 8:00 Path- finder 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!!