

September, 2011

MISSOULA SEVENTH-DAY ADVENTIST CHURCH

Missoula News & Mountain Views



Message From The Pastor

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Dear Church Family,

It seems like only yesterday we were anxiously looking forward to the last day of school and the beginning of summer. Our plans for vacations, Camp Meeting, projects, picnics, family reunions and weddings were about to be realized.

But whatever we awaited with such anticipation then is history now. With the start of another school year we are reminded that nothing is of higher priority for the Missoula Seventh-day Adventist Church than the Christian education of its children.

I once read of a pastor who was called out of town due to the death of a relative. The funeral service was in the church and burial service in a cemetery next door. After the committal service, the extended family was invited to the church fellowship hall where people of the church graciously served a meal.

The young pastor and his wife had their one-year-old daughter with them, and he went to the lady in charge of the kitchen to ask for a high chair.

She looked puzzled and said, "You know, I'm not certain we have one."

"Not even one high chair?" he asked.

She replied, "We might have one back in the storage closet." She opened the door to a closet full of everything. The pastor hiked over the top of a bunch of loose folding chairs and in back found the lone high chair. It looked like it had gone unused for quite some time. He pulled it out and as the hostess wiped it off with a damp cloth, she said, "It's been a long time since we've had any little ones around here."

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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

The problem with that church became evident: **the cemetery had moved into the church.**

The psalmist declares, "Children are a heritage of the Lord." (Psalms 127:3) According to Webster, a heritage is property that is or can be inherited. It is also something that is passed down from preceding generations. A child is property that we inherit from God. And Children are a blessing that is to be passed on from one generation to another. A generation void of children means a church without the blessing and without a future.

So we praise the Lord for blessing our church with children, gifts from above!

Mountain View Elementary is our school by which we seek to provide for our children the formal education they need, in the context of a Christian environment and the influence of godly teachers. We are offering our children that which the world cannot give.

As we begin a new school year let us keep our school, our children, our teachers and parents, in our prayers. Let us seek to be of support and encouragement, doing whatever we can to help make our school all that God intends it to be.

In His service,
Pastor Alvaro

PRAYER MEETING RESUMES!

Prayer Meeting will resume on Wednesday, September 14th in the Fireside Chapel at 7:00 with the new series, "**Contending for the Faith**". This is a Bible study for new believers and for all wanting to review the Adventist message. Meetings will continue each Wednesday after this.



The Intermountain Bookmobile is coming to the Missoula Church, Wednesday, September 7, from 5 to 7 pm

They will be well stocked with books and veggie food.

MISSOULA MAZE GRAND OPENING!!!

Sunday, September 11 · 12:00pm - 3:00pm. This year's theme is Montana Rivers. Call Earl or Christina Ellingson with any questions or e-mail them at fun@missoulamaze.com! Check out their new website:



Fellowship Meal at the Vanderwalkers

September 3rd after church. Call Dawn at 626-4145 to coordinate food and for directions.

Montana Conference Men's Summit!!

Time: Friday, September 23rd thru 25th

Speaker: Steve Wohlberg

Location: Located at Bear Canyon Exit, 4 miles east of Bozeman, Montana.

Lodging in the dorm Friday night/Sunday morning, ski hill lodge Sabbath

Cost: \$85 lodging single occupancy, meals and meetings. \$65 Lodging double occupancy, meals and meetings. \$35 Meals and meetings (no lodging) Add \$10 to each fee if after September 15th. No refunds after September 15th.



For more information: Leo Beardsley 406-265-2901, Jim Fowler 406-369-1832, Steve Schwab 406-287-3465

Montana Christian Women's Retreat!!

Time: Friday, October 7 at 3:00pm - October 9 at 11:00am

Location: Fairmont Hot Springs Resort, 1500 Fairmont Road, Anaconda, Montana 59711

The cost for attending the retreat includes two nights lodging, four meals, 24-hour access to hot spring pools, and retreat materials.

Cost:

\$115 each 4 to a room

\$140 each 3 to a room

\$175 each 2 to a room

\$275 1 to a room

All rooms are available on a first come first served basis. Preference will be given to selected roommates. The hotel rooms include two queen beds. Up to 4 women may share a room. Early arrivals are welcome to use the hot spring.

Please note that the registration **deadline is September 2.** Availability may be limited after the deadline. Don't hesitate to call for availability after the deadline. Contact Judy Schwab (406)287-3465 (evenings). Send registration and payment to:

Christian Women's Retreat, Attn: Shelli Spannring, Montana Adventist Headquarters, 175 Canyon View Rd., Bozeman, MT 59715

Sorry, no children will be allowed, including infants. This retreat is for women ages 17 or older.

For program schedule and brochure with more info, go to: <http://www.montanaconference.org/women>

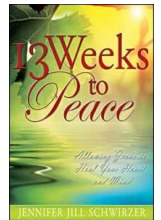
Book of the Month—

13 Weeks to Peace

Author: Jennifer Jill Schwirzer

So many of us suffer from chronic guilt feelings; we assume that these feelings reflect God's opinion of us. But then along comes the gospel – exploding the lie with its mind-shattering declaration that not only does He love us, He is the One who “forgives all [our] iniquities, who heals all [our] diseases” (Psalm 103:3)

While we tend to conform to our own self-concept, becoming what we think we are, Jesus does something for us that no man can do, He gives us a new identity. “If anyone is in Christ, he is a new creation; old things have become new (2Corinthians 5:17)



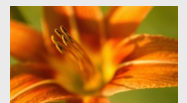
In *13 Weeks to Peace*, Jennifer Jill Schwirzer reveals a Divine Healer who longs to bring peace to hurting hearts and minds, and skillfully demonstrates how He goes about the work of transforming us, molding us, and re-creating us into His own image.

This book features study questions suitable for small groups or answering in a journal, as well as tools at the end of the book to help deal with forgiveness, anger, and fear or develop positive relationship skills.

Available at: www.adventistbookcenter.com

Verse of the Month - Psalms 32:10

Many sorrows shall be to the wicked; But he who trusts in the Lord, mercy shall surround him.



Church Mice

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www.churchmice.net

Recipe of the Month— French Toast with Apple Topping. *Source: www.vegnews.com*

Vegan French toast shouldn't just be limited to the breakfast table. Whip up this simple version of a classic brunch item for dinner or a lazy weekend afternoon. The apple-cinnamon topping turns plain bread into an apple pie-esque treat!

Serves 4

Ingredients:

For the French toast:

- 1 pound medium-firm tofu
- 1 cup soymilk
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 3 tablespoons maple syrup
- 1/8 teaspoon nutmeg
- 8 to 10 slices thick white bread
- Vegan margarine

For the apple-cinnamon topping:

- 4 apples, peeled, cored, thinly sliced
- 2 teaspoons fresh lemon juice
- 1 to 2 tablespoons vegan margarine
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon

Directions:

1. In a food processor, add tofu, soymilk, vanilla, cinnamon, maple syrup, and nutmeg, and blend until smooth. In a baking dish, pour tofu mixture.

2. Dip bread in mixture lightly, being careful not to soak it. In a large pan lightly greased with vegan margarine over medium heat, fry bread until brown (5 to 6 minutes). Flip and fry other side for another 5 to 6 minutes.

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Recipe Continued

3. To make topping, in a medium bowl, add apples and lemon juice, and then stir together. In a large pan over medium heat, melt margarine, then add apples, sugar, and cinnamon. Cook 8 to 10 minutes, stirring occasionally, until apples are soft. Serve warm topping over French toast.



MONTANA CONFERENCE CALENDAR

September

5: Mt. Ellis Climb

7-10: Ministerial Meetings (Walla Walla)

11: NPUC Constituency Meeting

16-18: MT Conference Pathfinder Camporee

19: Board of Director

23-25: Men's Summit

OFFERING SCHEDULE

September 3: Church Budget

September 10: Fall Mission Appeal

September 17: Church Budget

September 24: Conference Development

FREE KITTENS!!!

Stacy Nystrom has a co-worker that will have seven kittens to give away in about 6 weeks. They are black with medium length hair. One of the kittens has a slightly deformed front leg and they are hoping someone will have a big heart and take care of this little one too! Call Stacy at 531-2626 and she'll connect you with her co-worker.



Health Ministry Tip **Bicycling and Brisk Walking for** **Weight Management** ***Submitted by Nina Roberts***

In the United States, 66% of adults are overweight. The American College of Sports Medicine recommends every adult accumulate at least 30 minutes of exercise on most days of the week - as much as 90 minutes if they want to lose weight. Most people do not follow these guidelines.

Harvard researchers set out to see whether bicycling could help control weight. "Bicycling may be more comfortable than brisk walking, especially for overweight women," said AnnLusk, research fellow at the Harvard School of Public Health Department of Nutrition.

For premenopausal women of any weight, riding a bicycle was effective in helping to maintain weight, and overweight and obese women appeared to benefit the most. The researchers found that among women who did not originally bicycle in 1989 but did in 2005, even a small increase in bicycling time - as little as five minutes a day - helped to control weight. Among walkers who had increased their daily activity by an average of 30 min/day over the years, only those who walked briskly (at least 3 mph) were able to control their weight. Walking slowly (slower than 3mph) had no effect.

"Small daily increments in bicycling helped women control their weight. But the more time women spent bicycling, the better. Women with excess weight appeared to benefit the most.

This is encouraging for women with weight problems because they could substitute bicycling for slow walking or driving." says Rania Mekary, research associate in the HSPH Department of Nutrition.

"Our study provides evidence that to combat obesity, the U.S. needs to have policies that not only endorse design guidelines for sidewalks, but also for separate and comfortable places to bicycle, such as cycle tracks between

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Health Tip Continued

sidewalks and parked cars," says Anne Lusk, research fellow in the HSPH Department of Nutrition.

When promoting physical activity, the authors encourage physicians to prescribe brisk walking, rather than just walking, and also bicycling.

Reference: Don Hall, MPH, well-source.com and Harvard School of Public Health (news release) June 28, 2010



Update from Becky Crider

Just wanted to let any of you who didn't know that I will be going as a student missionary to the Marshall Islands starting July 31st and coming back the end of next May. I am scheduled to be an Administrative Assistant/Registrar for the school on the island of Majuro. The best way to contact me while I'm gone will be my e-mail. I won't have as easy access to internet so it may be a while between times when you hear from me but I will do my best. I probably won't be checking Facebook very often at all so starting in August, you won't be able to reach me that way. I have started a blog, however, and hope to keep everyone updated that way as often as I can. So far it doesn't have any posts as I'm crazy busy working and getting ready to go but I will try to post something ASAP so keep an eye out for it. And please keep me in your prayers as I start this new journey with God. I am excited and eager to go but it is also a bit scary and there is an overwhelming amount of things to get done right now.

Here is my blog address:
<http://leapoffaithrc.blogspot.com/>

If you have any questions, please feel free to ask me and I will do my best to answer them as soon as I can.

Thanks for your prayers and for being a part of my journey.

Blessings,
Rebekah (Becky) Crider

Stewardship Corner

Written by Dave Rhynard

Greetings Church Family,

I sure hope you are enjoying the Summer. It would be bad form at this point to be critical of the weather; it has been glorious. I hope it continues for a good long time to come.

I was thinking the other day about God's gifts to us and what we end up doing with them. We so often don't even think about them, we just use them to our benefit and carry on. I know this is true for me so don't think I am not accepting any blame here. However, we need to use these gifts as the Giver intended them to be used and often.

I think I can tell you the purpose or intentional use for all the gifts God has given us in one small sentence. They are to Glorify Him. In this quarters Sabbath School lessons, we are learning about worship from many points of view. Part of these studies have been a review for me since I have just recently read the account of David in the Bible again for the first time. I have really enjoyed it because of the way I have seen that David used the gifts he was given to worship God. I am talking about music and all the ways David used to show God how truly grateful he was for all God had done for him.

It was also fun to see where David's wife chastised him for dancing in the streets in his worship to God. Obviously David was the original "celebration" Christian. Rather than getting caught up in that debate I will just say that I wish we were all able to celebrate God like David did and move on to my point.

Many of us have been given musical gifts. Some of you that have had some music in your past may think that it was not so much a gift but still it was. Music is such an important part of our lives; it is in everything we do in one form or another. I have been quietly going around behind the scenes trying to enlist those that I know that have played instruments in the past and have access to them, to bring them out, dust them off and get back into them.

Why should you? Because, it is a gift to you that could be shared and become a gift to the rest of us. Believe me, I am not going to coerce anyone into playing special music for church. I am indeed going to be pushing us all to fill the church with music during the song service time. There are those I have already talked with (you know who you are) and I will continue to be after them. If however you are hiding your horn under a bushel then now is the time to come clean and confess it. You will feel better for it and your church will be blessed by it.

We currently have 2 trumpets going on 3, 2 flutes, 2 saxophones, and whatever you play. We could get the ball rolling and shoot for once a month joining in the song service to help raise a joyful noise unto the Lord.

You may not see the need but I have a good example. This past Sabbath Lynn and I were in the College Heights Church in Lacombe, Alberta. Lynn was playing the pipe organ and her mother was playing the 9' concert grand piano to accompany the song service. That place was really rocking with the solid instrumentation and all the people trying to sing their lungs out. Having that much accompaniment really makes it fun to sing because even those that are afraid to let anyone hear them sing will be singing, they can't help themselves. So once a month we could let the rafters carry the joyous sound of our praise to God.

I am in no way suggesting that our song services have been anything other than terrific, thanks Stacy and Tyler. I am saying that they can use some help once in awhile and we have these gifts sitting in the closets that need to come out and fill the sanctuary with song. What say you? Are you willing to step up and give it a try? I know of someone that has the computer technology to transpose music and print it out so that anyone that has an instrument can have the music to practice and play. Please say yes to this. You will be practicing terrific stewardship of the gift you were given. Please be in touch with me and let me know what you are going to contribute.

My thanks, Dave Rhynard - PS, We would love to have harmonicas, recorders, accordions, stringed instruments, literally anything so don't think it has to be a band instrument.

Blessing at 30,000 Feet

Written by Patrice Hill

I don't know about any of you but as for me, I hate turbulence!! Several years ago, my daughter and I were flying home from San Diego and we had the most turbulence I've ever felt in my life! I actually thought the plane was going down! I grabbed onto my daughter and started praying for God to forgive us for our sins! LOL! It was pretty bad. It was nerve-wracking! It was so bad it made me think twice about flying!

Well, this blessing has a double blessing! The first part happened last year as I was on a plane flying to San Diego. This time I was flying by myself. I had sent my daughter to San Diego ahead of me a week before to see her family. I put her on a plane all by herself for the first time! That was nerve-wracking in itself! So I was on the plane headed to San Diego to meet her. I had brought a book with me to read called "The Prayer of Jabez" (which is a whole other blessing that you'll hear about later!). It's a book about one little verse in the Bible, 1 Chronicles 4:10, where this man prayed for God to bless him and God granted his request and how we can apply that to our lives and harness the same blessings through this prayer!

As we reached cruising altitude of 30,000 ft, I decided that I would take advantage of those blessings and pray! I prayed the prayer of Jabez and also said "God, You KNOW how much I hate turbulence! I trust You that you'll take care of me and I also know that you want to give me the desires of my heart. Well, today I desire that we have no turbulence!! Please make this a turbulence-free flight! In your name I pray, Amen!" Well, I'll give you one guess as to what happened on that flight...we had NO turbulence! NONE! Not even a little bump! It was the smoothest flight I'd ever been on! When we landed, giddy with the fact that we have an AWESOME God, I realized that He had answered my prayer and I thanked Him!

The second part of the blessing happened as my daughter and I were flying home on the plane together. This time as we reached the cruising altitude of 30,000 ft, I told my daughter the story of what had happened on the plane ride there. I told her about the awesome power of prayer and how we can always go to God for anything and how we should always trust Him to take care of us! So I said a prayer. I basically said the same one that I had said on the previous flight, that I don't like turbulence and I didn't want any on this flight! But something different happened

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Blessings at 30,000 Feet Continued

this time. We had turbulence! And then something else different happened as the plane was rocking back and forth...I wasn't afraid! I didn't have that sinking feeling like we were going to crash and I felt a peace come over me. I looked over at my daughter and she had a scared look on her face. I took hold of her hand and with peace in my heart and a smile on my face I just said "Trust Jesus, sweetie".

The turbulence finally stopped and we landed safely! I realized then, that Jesus had gone above and beyond answering my prayer. We had turbulence on the plane, but He took the turbulence out of my heart! He gave me the peace that only HE can give! It was amazing! In tears, I thanked Him for being more awesome than I ever could have imagined! Jesus was my blessing up there at 30,000 ft! On the ground or in the air, He can be your blessing too!

"Don't worry about anything; instead pray about everything! Tell God what you need and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand! His peace will guard your hearts and minds as you live in Christ!" Philippians 4:6-7

Blessings from Patrice!



EATING DISORDERS

Be assured that we and many other Christians do care about all who suffer from eating disorders. This serious problem afflicts more than 1 out of 10 women at some time in their lives. Twice as many teens suffer from it. Although it is most well known among females, there are millions of males that also having eating disorders.

Eating disorders can be extremely distressing, very unhealthy and even deadly. They often involve complex problems such as strong emotions, fear, guilt, shame, poor self-image, excessive perfectionism, faulty reasoning, medical problems, and unresolved spiritual issues. If you or a loved one is suffering from an eating disorder, we strongly urge you to seek professional help.

If you are a Christian, you need to understand that bulimia, anorexia and binge eating are all forms of self-abuse. This violates God's will.

What does the Bible have to say?

"...do you not know that your body is the temple of the Holy Spirit... and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's" (1 Corinthians 6:19-20, NKJV).

"...present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service" (Romans 12:1, NKJV).

Jesus Christ understands your pain. He grieves for you and longs to heal you.

"...we do not have a High Priest who cannot sympathize with our weaknesses... (Hebrews 4:15, NKJV).

"He heals the brokenhearted And binds up their wounds" (Psalm 147:3, NKJV).

He wants to turn your pain and suffering into joy and peace, and your fear and weakness into courage and strength in Him.

"Rejoice in the Lord always. Again I will say, rejoice! ...Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus..." (Philippians 4:4-9, NKJV).

"Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you" (Deuteronomy 31:6, NKJV).

"My soul, wait silently for God alone, For my expectation is from Him. He only is my rock and my salvation; He is my defense; I shall not be moved. In God is my salvation and my glory; The rock of my strength, And my refuge, is in God. Trust in Him at all times... Pour out your heart before Him..." (Psalm 62:5-8, NKJV).

Visit this website to read helpful Christian articles on this subject and a list of Christian professional treatments available: <http://christiananswers.net/q-eden/eatingdisorders.html>



September 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6:30 Single's Group Meeting, Fireside Chapel.	2 Sunset: 8:14	3 Speaker: Alvaro Souza Fellowship Meal at the Vanderwalkers. Call Dawn at 626-4145 to coordinate.
4	5	6 6:30 - 8:00 Pathfinder Meeting	7 11:00 Amazing Grays. 5:00—7:00 Intermountain Bookmobile at the church. Pastor gone to NPUC thru the 11th.	8	9 Sunset: 8:01	10 Speaker: Alvaro Souza Fellowship Meal
11	12	13 6:30 - 8:00 Pathfinder Meeting 7:00 p.m. Water of Life Board Meeting.	14 11:00 Amazing Grays at manor 7:00 Prayer Meeting	15 6:30 Single's Group Meeting, Fireside Chapel. Deadline to submit to newsletter.	16 MT Conference Pathfinder Camporee thru 18th. Sunset: 7:47	17 Speaker: Alvaro Souza
18	19 5:30 School Board Meeting.	20 6:30 - 8:00 Pathfinder Meeting	21 11:00 Amazing Grays at manor 7:00 Prayer Meeting	22	23 Men's Summit this weekend. Sunset: 7:33	24 Speaker: Alvaro Souza Fellowship Meal
25	26 6:30 Church Board Meeting.	27 6:30 - 8:00 Pathfinder Meeting	28 11:00 Amazing Grays at manor 7:00 Prayer Meeting	29	30 Sunset: 7:20	

**Missoula Seventh-Day
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ADDRESS SERVICE REQUESTED

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