

October, 2011



# MISSOULA SEVENTH-DAY ADVENTIST CHURCH

## Missoula News & Mountain Views

### Message From The Pastor

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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.

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Dear Church Family,

There is a song with the title, "Somebody's Praying Me Through" by Al- len Asbury. The lyrics refer to soldiers serving in the war overseas and people back in the States praying them through. Certainly, Jason Schumacher can say that his dear wife and children, and also his church family, prayed him through. We're so happy to have Jason back home, safe from the war!

Our military men and women are not the only ones fighting a war. Every Christian is fighting a war against evil every day of their lives. The enemy of souls is relentless in his attacks on humanity. The Bible says the devil, is "like a roaring lion, seeking whom he may devour" (1Peter 5:8b). We also know that his work is intense and his effort fierce because he knows his time is short (Rev. 12:12). Think of all the casualties on a daily basis. So many people who have been devastated by tragedy, deceived by lies, disillusioned by shattered dreams—people who have given up on God and have succumbed to the delusion of the evil one. So sad, when you think of the many who will never make it "home"!

On the other front God, because of His undying love for us, is doing all He can to save those for whom He died. He is patiently and persever- ingly seeking to save those who are lost. He does not wish for any of His children to perish. He will go to any length to reach one dying soul and snatch him/her from the grasp of the enemy. He wants all His children to make it home!

But the Lord has determined in His divine wisdom, that He needs His children for the work of saving the perishing. Those who were once lost, but now found—those who once were in darkness, but now bask in the light—those who once were deceived, but now know the truth— these are they that are called to collaborate with their Savior in reaching out to the lost. We are told that "The living church of God will be waiting,

*Continued on next page ➡*

## *Pastor's Letter Continued*

watching, and working. None are to stand in neutral position. All are to represent Christ in active, earnest effort to save perishing souls."—TM, p. 163.

That is why we exist as a church. That is why we sponsor a church school, have health events, conduct Bible studies and engage in public evangelistic efforts. That is why we seek to make soul-winning a way of life.

That is why we will host Evangelist Tim Roosenberg and his family, when they come to be with us at the end of this month. Elder Rossenberg will be presenting the seminar "Islam and Christianity" beginning Friday, October 28. (Please note the details elsewhere in our church newsletter) This is a perfect opportunity to invite our neighbors and family members that need to know the truth of the times we're living in and how to prepare for the coming conflict.

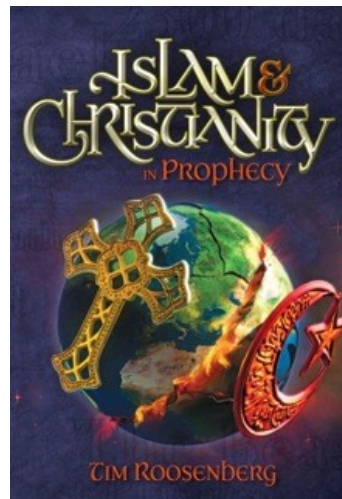
Soul-winning as a way of life, is ever on our minds. It's because God's passion for the salvation of souls, has become our passion. We are all in a war, a conflict between good and evil, between right and wrong, between God and Satan. The Lord wants us home safe, so He has assured us His Holy Spirit. It's His Spirit that is praying us through (See Romans 8:26). This is why we can count on Him to bring us home, safe to the marvelous place He has prepared for each one of His children.

In His service,  
Pastor Alvaro

## NEW SEMINAR COMING TO MISSOULA!

Evangelist Tim Roosenberg will be presenting the seminar "**Islam and Christianity in Bible Prophecy**". These exciting presentations will be held at the church beginning Friday, October 28 every night and concluding Sunday, November 6 (ten nights).

In preparation for these meetings, we are planning a special Sabbath on **October 1** when we will be presenting a three-hour seminar on "**Islam & Christianity (The Coming Conflict)**" on DVD that explains the theology and interpretation of Daniel 11. This special series is primarily for church members in preparation for the full seminar when Tim Roosenberg will be with us in person. We will view the first presentation during the worship hour and then after potluck we will view the two other sessions.



### Fellowship Meal Schedule Change for October

For the month of October, we will have our fellowship meals on October 1st and October 15th.



## **Montana Christian Women's Retreat!**

A reminder that the Women's Retreat will begin on Friday, October 7 at 3:00pm and go thru October 9 at 11:00am at Fairmont Hot Springs. Contact Judy Schwab (406) 287-3465 (evenings) with questions. For a program schedule and brochure with more info, go to: <http://www.montanaconference.org/women>

### PRAYER MEETING

Prayer Meeting meets every Wednesday in October in the Fireside Chapel at 7:00 with the series, "**Contending For the Faith**". This is a Bible study for new believers and for all wanting to review the Adventist message.

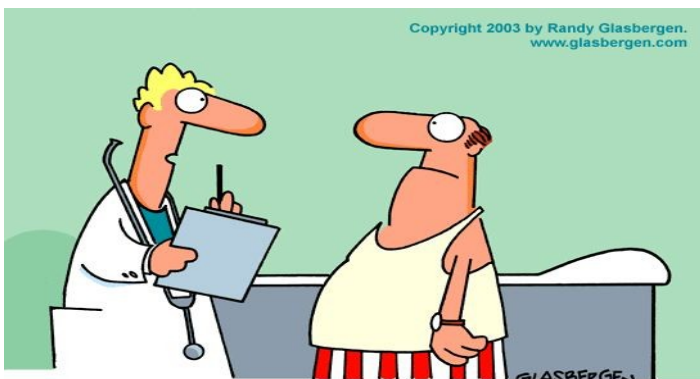


## Forks Over Knives

We will have a viewing of the newly released DVD "Forks Over Knives" that Nina introduced to us in church awhile back.

This film, produced by Virgil Films, examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. The major storyline traces the personal journeys of Dr. T. Colin Campbell, and nutritional biochemist from Cornell University, and Dr. Caldwell Esselstyn, a former top surgeon at the world-renowned Cleveland Clinic. Inspired by remarkable discoveries they made, these men conducted several groundbreaking studies. Their separate research led them to the same startling conclusion: degenerative diseases like heart disease, type 2 diabetes, and even several forms of cancer, could almost always be prevented- and in many cases reversed- by adopting a whole-foods, plant-based diet.

We will show this film at our church on Sunday, October 9 from 6:00 to 7:30 p.m. and we'll invite the community to attend. Refreshments will be offered which will give us the opportunity to make friends and invite them to other up-coming events. We'll also have materials for our visitors so please make sure to invite your friends and family to attend!



**"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"**

## **Book of the Month—**

### **"The Big Picture"**

**Author: Ben Carson**

In his grade school days, Ben Carson would hardly have been voted "most likely to become a famous surgeon." His classmates had already given him another label: class dummy. Then a light clicked on for Ben-and a consuming passion for learning that catapulted him from "zero" test grades to a Yale scholarship, a pioneering role in modern medicine, and an influence that has extended from inner-city schools to corporate boardrooms and Washington corridors of power.



What made the difference? Belief in his own potential, a commitment to education and making the most of his opportunities to learn, determination to make the world a better place, and faith in a God who knows no limits. Seeing the Big Picture.

In "The Big Picture", Ben Carson reveals the spiritual and philosophical foundations that undergird not just his dramatic career, but his approach to all of life. As in his best-selling "Gifted Hands" Dr. Carson shares colorful behind-the-scenes anecdotes. As in "Think Big", he describes his practical principles for success. But "The Big Picture" is more than an autobiography or a personal-effectiveness manual. Rather, it's a multifaceted look at the faith and vision that can see us all through hardship and failure, and stir us to bold exploits on behalf of something greater than ourselves.

Available at: [www.adventistbookcenter.com](http://www.adventistbookcenter.com)

Also see this website for a full description of this book.

## **Verse of the Month - Ephesians 4:29**

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.



## Recipe of the Month— Vegan Garden Fresh Ratatouille *Source: www.vegnews.com*

### **Ingredients:**

- 1/4 cup extra virgin olive oil
- 4 cloves garlic, minced
- 1 medium onion, diced
- 1 medium eggplant (3/4 pound), diced
- 1 medium zucchini, quartered and diced
- 1 medium red bell pepper, diced
- 6 tomatoes (2 pounds), diced
- 1 teaspoon fresh oregano, roughly chopped
- 1 teaspoon fresh thyme, roughly chopped
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon balsamic vinegar
- 1 tablespoon capers, drained and roughly chopped
- 1/4 cup fresh basil, thinly sliced

### **Directions:**

1. In a large pot, heat olive oil over medium heat. Add the garlic and onion and cook, stirring occasionally, until onion is softened, about 5 minutes. Add the eggplant and cook for 5 minutes. Add the zucchini and bell pepper and cook for 10 minutes. Stir in tomatoes and cook for 5 more minutes. All vegetables should be tender.

2. Stir in the oregano, thyme, salt, and pepper, and cook for one additional minute. Remove from heat and add balsamic vinegar and capers. Garnish with basil.



## Lower Cancer Risk for Adventists

*Source: David Gibbons  
Submitted by: Carolyn Millard*

United States Research has revealed that Seventh-day Adventist males have a 40 per cent less risk and Adventist females a 25 per cent less risk of developing cancer. The study, on the health of Seventh-day Adventists living in California, also found that Adventist vegetarians have half the risk of cardio-vascular disease.



Many Adventists are vegetarians, or vegans, which gave researchers a chance to make comparisons with them and people who ate meat but had almost the same lifestyle. This showed that: People eating meat have an 85 per cent higher risk of developing colon cancer than vegetarians. Adventist women who exercise more often delay the onset of breast cancer. Men drinking soy milk daily have 30 per cent less prostate cancer than those who never drink it. Meat-eaters have double the risk of bladder cancer. Overall, Adventists have a 33 per cent lower risk of cancer.

Adventist men who eat meat are about twice as likely to die of a heart attack as their vegetarian peers, said researcher Gary Fraser of Loma Linda University. The difference is even more pronounced in women, but in their case, it tapers off considerably during their elderly years.

Seventh-day Adventists die of the same causes as everyone else, but they die later. Some might think the extra years are feeble ones. But we have also measured the quality of life, and at virtually every age Adventists score better, he said.

Adventists also have less risk of being caught up in the obesity epidemic. Adventist women eating a lacto-ovo vegetarian diet weigh 8.5 kg less than meat-eaters, and vegan women weigh 15 kg less. The type of vegetable eaten is important. Whole grains are especially healthy, giving protection against heart attacks. People who eat whole grain bread are roughly 50 per cent less likely to have a heart attack than those who eat white bread. Eating nuts (a small quantity) at least five times a week cuts the heart attack risk in half.

**Health Ministry Tip**  
**Added Sugar Lowers HDL**  
**Cholesterol Levels**  
***Submitted by Nina Roberts***

Eating too much sugar has long been discouraged, mostly because it represents an "empty" calorie. In England sugar is referred to as a "naked calorie" - a food that provides calories but no nutrients. New data gathered from the National Health and Nutrition Examination Study shows a negative correlation with sugar intake and HDL cholesterol levels.

This study assessed the intake of added sugar in the diet and compared this with blood tests for 6,113 adults randomly selected from the U.S. population. Researchers found that as the added sugar intake went up, HDL cholesterol levels fell in step-wise regression. HDL cholesterol is critical to good cardiovascular health. For every 5% increase in added sugar, HDL levels fell about 3%. Keep in mind that for every 1% decrease in HDL levels, the risk of coronary heart disease increases about 3%. This increased risk is substantial when you realize that the average adult's intake of added sugar is 16% of calories eaten. In 1978 the average intake of added sugar was only 10.6%.

When you compare the likelihood of having low HDL cholesterol (a primary risk factor for heart disease) those people with a high intake of added sugar (25% of calories) were 3.1 times more likely to have low HDL cholesterol when compared to persons with a low intake (less than 5% of calories from added sugar).

These findings substantiate the new recommendations by the American Heart Association to limit added sugar intake to less than 5% of calories. That is about 100 calories per day for women (6 teaspoons of sugar) or 150 calories per day for men (9 teaspoons of sugar). Any intake over this shows a significant drop in HDL cholesterol. A high-sugar intake has been linked in scientific studies to a higher risk of obesity, high blood pressure, diabetes risk, and now low HDL cholesterol levels.

It's important to realize that there is no increased health risk when eating whole foods which have natural sugars in them, such as fresh fruit. In fact, eating more of these foods lowers the risk of heart disease.

Reference: Don Hall, MPH, wellsource.com

## Special Needs Blessing

*Written by: Patrice Hill*

If you don't already know, I drive a school bus. At one point during the day I pick up little special needs pre-school children from school and take them home. I also pick up their "aid" which is the person who rides along with them.

There is one boy that rides who is quite a handful. He needs to be watched carefully every minute on the walk to the bus as he will veer off in some other direction perplexed by something he sees on the ground or on the bus. He doesn't like to sit still. He used to unbuckle his seat belt frequently and try to get up. He got up one day and was halfway out the window as we were unloading other children! We had to get a seatbelt lock for him so he would stay put! Most days he is also very vocal!

This one day was like most days. He was quite vocal. But something different happened as he got off of the bus. Normally he tries to run off to look at something as the aid exits the bus to walk him to his house. But this day as he walked down the steps of the bus, he stopped at the bottom. He patiently waited for the aid to get off the bus. When she got to the bottom of the steps he looked up at her with his precious little innocent eyes and held out his hand. The aid gently took his hand and they walked quietly and peacefully to his door. An overwhelming feeling of comfort came over me as I felt the comfort and safety that the little boy must have felt for that whole minute as he held the hand of the aid up to his door.

It was a beautiful picture and made that day's routine bus ride a HUGE blessing! It reminded me that if WE hold out OUR hands, God will take them and walk with us and comfort us any time we need Him! And what a beautiful picture that will be when we get to heaven and we can walk hand in hand with God!



*"The Lord tends His flock like a shepherd; He gathers the lambs in His arms and carries them close to His heart; He gently leads those that have young." Isaiah 40:11*

# The Desires of a Lovesick God

*Written by Stacy Nystrom, Editor*

In the beginning of our earth's history, God walked freely among His gorgeous creation, taking in the sights and smells of the lush garden that He designed, and felt the strong earth beneath His feet. He was also free to spend face to face time with His beloved children that He had breathed the breath of life into and that He adored more than life itself. He could talk with them, laugh with them and was one with them. His immense love had an outlet that poured through the Trinity to this precious couple that He loved so much, He couldn't live without them.

Then, on that fateful day, this couple chose to turn their backs on God and essentially kick Him out of the garden and allow Satan to take his place as prince of this earth. Can you even imagine how that made God feel? He had been completely betrayed by a couple that he was madly in love with. They had chosen another. Imagine how that realization stabbed the heart of a God whose love we cannot even begin to comprehend. He longed to walk among them and spend time with them like He had before, but that was no longer possible because of the sin they had embraced. They had put a wall between themselves and God and His nature did not allow Him to dishonor their choice. But oh, how that must have hurt and oh how He must have longed to physically hold them and take away their fears. How He must have longed to speak to them face to face and give them words of comfort and tear down all of the barriers between them.

It is no different today because God is the same yesterday, today and forever. God still longs to speak to His beloved children face to face and physically hold them. But that is not possible until that glorious day when we will finally be reunited with our father in the most beautiful reunion ever known in the universe. So, what can He do in the meantime? How can He fulfill this need to speak words of love to us, touch us, hold us, adore us, comfort us? Paul states in 1 Corinthians 2:16 and Philippians 2:5 that we are to have the mind of Christ. What does a mind control? Everything! If we have the mind of Christ, we have His feelings, His thoughts, His behaviors, His actions. God is actually giving us the privilege of acting as a caveat, where He can reach through our arms, our voices, our hearts and touch His children that He loves and adores and in the process, touch us as well. If we've submitted our lives to God and asked for His mind, then when we hold a hurting soul, God is actually doing the holding, not us. When we speak words of love and encouragement, God is actually speaking to that person and getting the opportunity to communicate directly with his children face to face. Think of how thrilling that must be for Him and how that must fill His gigantic, warm heart with joy beyond all measure! He gets to finally touch his children! He gets to heal and restore the hurt in His children's hearts.

But what happens on those days when we don't bother to invite God into our lives, and we don't ask God for His mind and thoughts throughout the day? We will be acting on our own and walk right past a hurting soul that God is just dying to reach out and touch. We won't even be sensitive to the fact that a friend is in need or notice that a stranger needs our compassion. Yes we miss out on a huge blessing of being used by God, but more than that, God will be deprived of flowing His compassion through us to His hurting children. It must feel like the tragedy of Eden all over again to Him each time we rob Him of restoration. How deeply that must hurt our loving father. It hurts my own heart so greatly to think of how many times I have caused Him pain because I was too busy doing my own thing to think about His heart. His beautiful and overflowing heart of love. Let's give Him the opportunity to reach out and touch His children. Let's commit to putting His needs above our own. After all, that is true love and it's the least we can do for a father that gave His life just for the chance to hold us in His arms again with no barriers between us, on that glorious day.



# The Storm's Aftermath

Written by Jeanina Bartling

On the evening of August 4th, Missoula experienced a storm with preceding winds that whipped and thrashed anything that wasn't secure. These photos, taken the next morning, reveal some of the damage in Playfair Park in south Missoula. The images are a graphic illustration of what Ellen White states will take place in our church.

“As the storm approaches, a large class who have professed faith in the third angels' message, but have not been sanctified through obedience to the truth (righteousness by faith), abandon their position and join the ranks of the opposition” (Ellen White, “The Great Controversy” pg. 608).



Torn, traumatized, brutalized, and separated. That's what Satan's plans are for any of us who are not settled and abiding in our Lord.

“I am the vine; you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. If anyone does not abide in Me he is cast out as a branch...” John 15:5, 6 (NKJV).

“‘The prince of this world cometh,’ said Jesus, ‘and hath nothing in Me’ (John 14:30). There was in Him nothing that responded to Satan's sophistry\*. He did not consent to sin. Not even by a thought did He yield to temptation. So it may be with us” (DA, 123).

Holy Father, may we be secure in Your keeping. Sanctify us, we pray, by Your power. We ask that, as the storm increases, Your Holy Spirit will so fill us that the winds of evil will find not even a tiny crack in our connection with You through which to enter and cast us from Your presence. Let us, we pray, continue daily — moment by moment — to abide in You.



\*Sophistry: plausible but misleading ~ The American Heritage Dictionary

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## MONTANA CONFERENCE CALENDAR

### October

**1: MT Conference Mission Emphasis Day/Kalispell**

**5-9: MEA Home Leave—WWU Fall Classic**

**7-9: Women's Retreat**

**15: MT Conference Mission Emphasis Day/Missoula**

**15: MEA Amateur Hour**

**18: MT Conference Board of Education**

## OFFERING SCHEDULE

October 1: Church Budget

October 8: Voice of Prophecy

October 15: Church Budget

October 22: Elementary Education

October 29: NAD Evangelism



# Kids Korner!

## Autumn: Missing Letters

Each word is missing one or more letters. Finish each word by writing the letter on the line.

1. TR\_\_ \_S

2. PUMPK\_\_N

3. SQUI\_\_ \_EL

4. A\_\_ \_LES

5. EQ\_\_INOX

6. HA\_\_

7. SCAR\_\_CROW

8. RAK\_\_

9. AUTUM\_\_

10. LEAV\_\_S



### ANSWERS

1. TREES
2. PUMPKIN
3. SQUIRREL
4. APPLES
5. EQUINOX
6. HAY
7. SCARECROW
8. RAKE
9. AUTUMN
10. LEAVES

# October 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> <b>Speaker: Alvaro Souza</b> <b>Fellowship Meal</b> <b>"Islam &amp; Christianity"</b> <b>DVD Presentations</b>
<b>2</b>	<b>3</b>	<b>4</b> <b>6:30 - 8:00 Path-</b> <b>finder Meeting</b>	<b>5</b> <b>11:00 Amazing Grays.</b> <b>7:00 Prayer Meeting</b>	<b>6</b> <b>6:30 Single's Group</b> <b>Meeting, Fireside</b> <b>Chapel.</b>	<b>7</b> <b>Sunset: 7:05</b> <b>Women's Retreat</b> <b>Weekend thru 9th.</b>	<b>8</b> <b>Speaker: Alvaro Souza</b>
<b>9</b> <b>6:00 "Forks Over</b> <b>Knives" Presenta-</b> <b>tion at Church.</b> <b>See pg. 3.</b>	<b>10</b> <b>Iowa Tests of Basic</b> <b>Skills thru 12th at</b> <b>MVE</b>	<b>11 6:30 - 8:00</b> <b>Pathfinder Meeting</b> <b>7:00 p.m. Water of</b> <b>Life Board Meet-</b> <b>ing.</b>	<b>12</b> <b>11:00 Amazing Grays</b> <b>at manor</b> <b>7:00 Prayer Meeting</b>	<b>13</b>	<b>14</b> <b>Sunset: 6:51</b>	<b>15 Speaker: Merlin</b> <b>Knowles. Fellowship</b> <b>Meal</b> <b>Church Ministries</b> <b>Sabbath</b>
<b>16</b> <b>Deadline to submit</b> <b>to newsletter.</b>	<b>17</b> <b>5:30 School Board</b> <b>Meeting.</b>	<b>18</b> <b>6:30 - 8:00 Path-</b> <b>finder Meeting</b>	<b>19</b> <b>11:00 Amazing Grays</b> <b>at manor</b> <b>7:00 Prayer Meeting</b>	<b>20 6:30 Single's</b> <b>Group Meeting,</b> <b>Fireside Chapel.</b> <b>Teacher's Meeting,</b> <b>No School at MVE</b>	<b>21</b> <b>Sunset: 6:39</b> <b>Teacher's Meeting,</b> <b>No School at MVE</b>	<b>22</b> <b>Speaker: Alvaro Souza</b> <b>Communion Service</b>
<b>23</b>	<b>24</b> <b>Red Ribbon Week at</b> <b>MVE</b> <b>6:30 Church Board</b> <b>Meeting.</b>	<b>25</b> <b>6:30 - 8:00 Path-</b> <b>finder Meeting</b>	<b>26</b> <b>11:00 Amazing Grays</b> <b>at manor</b> <b>7:00 Prayer Meeting</b>	<b>27</b>	<b>28</b> <b>Sunset: 6:27</b> <b>First night of semi-</b> <b>nar - see pg. 2.</b>	<b>29</b> <b>Speaker: Tim Roosen-</b> <b>berg</b> <b>Seminar</b>
<b>30</b> <b>Seminar</b>	<b>31</b> <b>Seminar</b>					

**Missoula Seventh-Day  
Adventist Church**

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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!!