

November, 2011

MISSOULA SEVENTH-DAY ADVENTIST CHURCH

Missoula News & Mountain Views



Message From The Pastor

Inside this issue:

Message From the Pastor	1
Announcements	2
Michael Harris in Concert	3
Book of the Month - "Islam & Christianity"	3
Recipe - Pesto Mashed Potatoes	4
A Squash For All Seasons (Bonus Recipe!)	4
Teem Room Activities	5
Stewardship Corner	6
Health Ministry Tip	7
Kids Korner	8
Calendar	9

Dear Church Family,

In his first letter to the Thessalonians, the apostle Paul wrote, "**Rejoice always, pray without ceasing. In everything give thanks; for this is the will of God in Christ Jesus for you.**" (1 Thess. 5:16-18)

At first glance we may be tempted to think that this preacher got a little carried away by his own oratory. When he was shipwrecked and drifting on some plank in the sea—when he was stoned by a crowd and left lying half dead on the pavement—when he was beaten by the authorities and kicked out of town—when he was chained to a stone and hungry in some damp and dirty prison—Do you really think Paul was giving thanks?

It would be easier to understand if the statement wasn't so comprehensive. It makes sense to give thanks for obvious miracles, or for blessings we enjoy.

But can you really be thankful when the car breaks down while you're on vacation—when you can't find a job and bills are piling up—when the doctor says you need surgery—when your world seems to be falling apart?

The text is not saying that I am to give thanks for every situation. I'm not going to give thanks for my friends little girl who was killed in an auto accident. But I am thankful to God for His Spirit that will comfort those parents, and for His promise to restore their daughter to them some day; and because even in the most tragic situations, God will work to bring good to those that love Him. (Romans 8:28)

There will never be a time in your life when you will completely be without pain, struggles, sorrow, or perplexities for very long. Today your cheeks may be dry, but tomorrow they could be wet with tears. Should you wait until everything is going your way before you give thanks?

Continued on next page ➡

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

- Alvaro Sauza.....Pastor
Home: 543-6204 - Mobile: 239-4380
E-mail Address: alvarocsauza@yahoo.com
- Carl Dure.....Elder, 678-756-7317
- Earl Ellingson.....Elder, 493-1038
- Darby Granberry.....Elder, 549-5348
- Jim Roberts.....Elder, 531-1672
- Rich Rose.....Elder, 549-8383
- Stacy Nystrom.....Newsletter Editor, 531-2626
- Florence Buttler.....Church Clerk, Home: 721-5625
- Church Website: www.missoulaadventist.org
- Church Facebook Page: Missoula Seventh-Day Adventist Church

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:
E-mail: snystrom1@gmail.com or 531-2626



Pastor's Letter Continued

Would you be grateful only for that which you think is a blessing? Would you be so shortsighted as to think that only those things that feel good are good for you?

May this Thanksgiving season be cause to remember the words of the apostle Paul, that gratefulness is the will of God for each one of His children. And if we really do trust Him, we will always find reason to be thankful.

In His care,
Pastor Alvaro

CANCELLED MEETINGS

The Pathfinder Meeting scheduled for November 1st and the Ministry to Single's meeting scheduled for November 4th will be cancelled due to the seminar meetings.



PRAYER MEETING

Prayer Meeting meets every Wednesday in November (except for November 2nd due to the seminar meetings) 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.



NEW SEMINAR COMING TO MISSOULA!

Islam & Christianity In Bible Prophecy begins Friday, Oct 28 at 7:15 p.m. at the church. The meetings continue every night until Sunday, Nov. 6. After the first evening, Evangelist Tim Roosenberg will personally give the previous night's presentation at 5:30 p.m. At 6:30, a light supper of soup and sandwiches will be served. At 7:15 p.m. the new presentation will be given.

The Nightly Topics:

Oct. 28: Islam and Christianity- The Basics

Oct. 29: The King of the North and the Little Horn Antichrist Beast

Oct. 30: The Role of the U.S. in the Coming Conflict

Oct. 31: The Role of Israel in the Coming Conflict

Nov. 1: The Role of Islam in the Coming Conflict

Nov. 2: Tidings from the East and the Mark of the Beast

Nov. 3: When Michael Stands Up

Nov. 4: The Worst Time of Trouble Ever

Nov. 5: Jesus Rescues His People

Nov. 6: Millennium and the New Earth

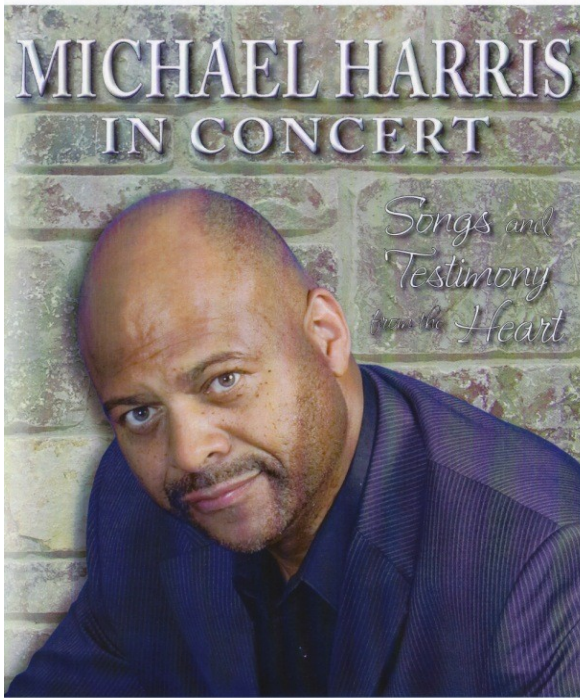
Free Admission and Child Care

Complementary Soup and Sandwich meal nightly at 6:30 p.m.

Information on Presenter:

Tim Roosenberg is the author of the book "Islam and Christianity in Prophecy", and seminar speaker. He was a pastor for many years before switching to full time seminar speaker. Tim is passionate about the Bible being the authority for life and teaching for Christians. He has studied prophecy for 30 years and has discovered that following the reformers methods of interpretation leads to the most Biblical and historically accurate understanding of Bible prophecy.





Where: Missoula 7th-day Adventist Church

When: **November 12, 2011 at 7:00 PM**

Cost: Free*

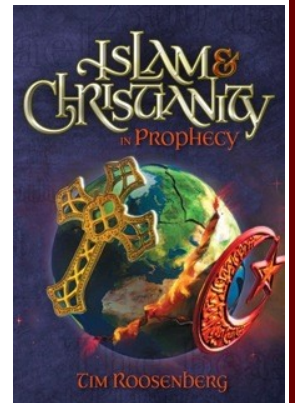
*A free-will offering will be taken.

All proceeds to benefit Water Of Life Radio, FM104.9, KWLY-LP, your local listener supported Christian radio station.

Call 406-848-1707 for more information.

Book of the Month—
“Islam and Christianity in Prophecy”
Author: Tim Roosenberg

By the time this newsletter is printed, Tim Roosenberg will be holding a seminar at our church on the topic covered in this book. This book will help us study the details closer and at our own pace. This book carefully explores and unlocks the mysterious book of Daniel, specifically chapters 11 and 12, unveiling a thrilling picture of prophecy that includes the past, present, and future roles of Catholicism, Protestantism, Islam, and the United States in the final conflict ahead.

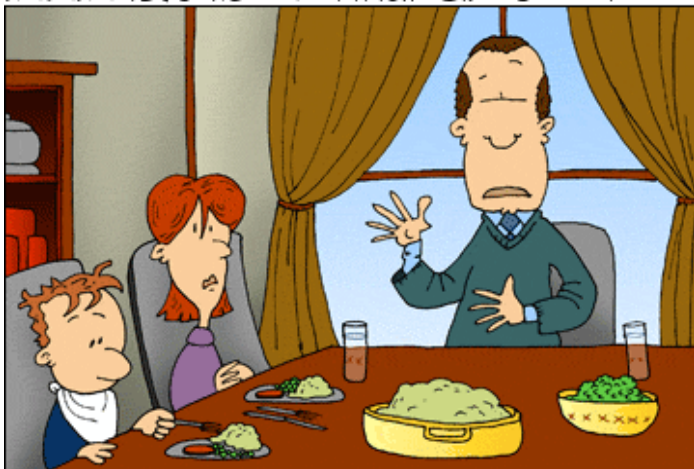


Along the way, Pastor Roosenberg provides the answers you need to survive the coming holy war, answers that will give you complete confidence in God’s Word and faith in the promises of Jesus Christ.

Available at: www.adventistbookcenter.com

It is also available on Amazon in Kindle version. When you go to the Amazon Kindle Store, first you must download a free Kindle from Amazon. Then you can purchase “Islam & Christianity in Prophecy” for \$9.99 in Kindle version. You should search the author's name to find it, not the book title.

REVERENDFUN.COM COPYRIGHT BIBLE GATEWAY



11-23-2006

I WOULD LIKE TO GIVE THANKS FOR ALL THE GREAT YEARS WE HAD BEFORE TOFU-TURKEY AND SOY-STUFFING



Verse of the Month - 1 Peter 1:3-4

Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade.



Recipe of the Month— Pesto Mashed Potatoes

Source: www.vibrantlife.com

Ingredients:

- 4 c. potatoes (diced)
- 1 c. spinach (chopped)
- 5 T. Florentine Pesto (see below)
- 1/4 c. soy milk
- Salt to taste

Florentine Pesto Ingredients:

- 1/2 c. olive oil (extra virgin)
- 1 c. spinach (fresh, chopped)
- 2 c. basil (fresh, chopped)
- 1/2 c. pine nuts
- 1/2 t. salt
- 1 t. garlic (minced)

Directions:

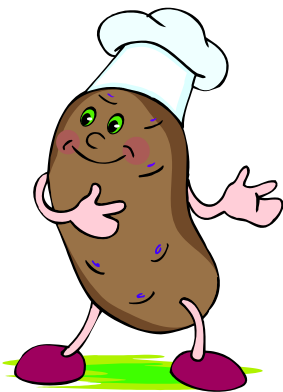
In medium saucepan, cook potatoes in lightly salted boiling water until tender but firm. Drain potatoes; place in mixing bowl. Add spinach, pesto, soy milk, salt. Blend with mixer until smooth; serve hot.

Florentine Pesto Directions:

Place all ingredients in blender; process until smooth. Take out 5 T. and mix into the mashed potatoes. Freeze rest in ice-cube trays for future use, or store in the refrigerator for a few days.

Yield: Three one-cup servings.

Note: For a subtler pesto flavor, use a little less pesto. This is also great over hot steaming pasta.



A Squash for All Seasons

Source: www.worlddoc.com

Did you know that all squash are divided into two seasons? Both are actually grown year round, the difference is when they are harvested. Summer squash (like zucchini) is ready before it's fully ripe while winter squash is picked when fully matured. Their tough, inedible skins make them durable enough to store all winter long. The most popular varieties include acorn, butternut, hubbard and spaghetti. Winter squash's nutrients are very concentrated - one serving provides a healthy dose of Vitamin C, Vitamin A and fiber.

Selection, Storage, Preparation:

Although winter squash is available all year round, its peak season is August through November. Look for a dry, deep colored skin with no cracks. Check for a firm stem as stemless squash have an increased risk of rotting. Winter squash can be stored up to 3 months in a cool, dry place – avoid the refrigerator which will increase the risk of spoilage.

All varieties of winter squash must be cooked before eating. Rinse off the rind in cool water and cut in half. Remove seeds and discard (or save for toasting) then cut into cubes (if desired.) Winter squash can be roasted, baked, boiled, broiled or even microwaved. For a simple preparation, place two halves of butternut or acorn squash in baking pan. Top with butter and brown sugar; bake at 400 degrees for 50 minutes (until fork tender.)

Mix uncooked squash into your favorite soup/stew/chili recipes, potato dishes or pasta/rice meals. Or use leftover cooked squash as a filling for tortillas, an addition to an omelet or even paired with your favorite apple dessert!

Butternut Squash with Pumpkin Butter Recipe

INGREDIENTS:

- 2 pounds butternut squash, cubed into 2-inch pieces (about 4 cups)
- 1 jar (10 ounce) pumpkin butter (or apple butter)
- 1/2 cup water
- 1 teaspoon salt

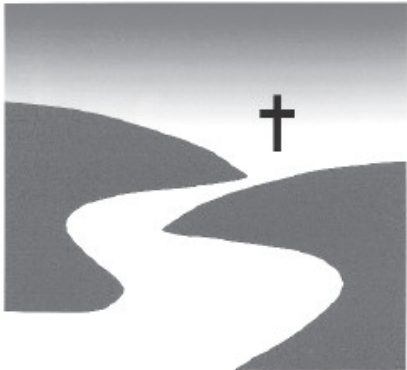
DIRECTIONS:

Preheat oven to 400 degrees. Add all ingredients together in a baking dish. Toss squash until each piece is well coated. Bake for 50-60 minutes or until fork tender.

TEEN ROOM ACTIVITIES!!

Missoula 3:16 and Local Missions

All of our local outreach agencies are feeling the effects of the sluggish economy this year. The teen class is again sponsoring a collection of non-perishable food items, paper products and gloves, hats and socks. Our class will canvas local neighborhoods on behalf of our church for these items as well. If you are interested in helping, please let Alani, Lance or Ciara know. You can leave your donated items in the teen room for holiday delivery. The Teen Class loves the support of their church family!



[DIGMA.COM](http://digma.com)

Your Teen Class suggests a new kind of personal ministry: Welcome to digma.com. A growing library of short videos that explore the most vital questions that bang around in our heads. *See, feel, engage.* Ty Gibson of Light Bearers Ministry presents these timely topics to watch and share via email. Are there any answers that make sense? Is there really more than meets the eye? digma.com

OPERATION CHRISTMAS CHILD

It's almost that time of year - again! The Teen Class will be collecting the shoeboxes you fill with small toys/gifts/school supplies and delivering them to the local drop off location in Mid November.

Our church has participated in this fun filled event for 8 years now with excellent support. Can you help again this year?

Flyers will be handed out soon for you to begin your shoebox planning. Can we hit the 25 box amount this year? YES, we can! Leave your prepared boxes in the Teen Room. Thank you!!



THANK YOU TEEN ROOM, FOR ALL THAT YOU DO AND FOR INSPIRING US AND CHALLENGING US!!! THANK YOU FOR GIVING US THE OPPORTUNITY TO PARTNER WITH YOU IN BEING THE HANDS AND FEET OF GOD IN THIS WORLD.

Stewardship Corner

Written by Dave Rhynard

Hello Church Family,

I am in a quandary and I am wondering if I am alone. I find that the harder I run, the behinder I get. This seems to be the case in nearly every aspect of my life. In the reading I have been doing as of late, I am convinced and have no doubt that Satan is to blame. He is a liar and a cheat and he knows he is losing. But as the saying goes, losers love company.

I have shared with you a number of ways that we can be better stewards of our time, our talents, and our church facility to name a few. I haven't talked about money yet and I have a feeling that has suited you just fine because it has me too. There, I have brought the subject up. Relax, we are all in this together.

I have been reading Ellen White's book "Counsels on Stewardship". I thought that would be a good study for someone in my position. Good yes, helpful yes, enlightening definitely, easy? Absolutely not. Here is my quandary.

I decided some time ago to do a double tithe with the second tithe going to combined budget and the education fund. I was admittedly (I'm sorry to say) a little proud of myself for the commitment. I was then tweaked on the head when I discovered that paying tithe on the take home and paying tithe on my income tax return really wasn't giving a faithful tithe. Now I was not so proud for sure. I have amended my practice and am plowing forward.

Now we are looking at yet another need for funds in the renovation of the church. The need is huge and yet my income has not changed. In fact, it has dwindled with the sagging economy. I know I'm not alone. To be completely honest, I haven't gotten my hands around this one yet. I know the need will not go away and we have got to get the church back to the shape that would honor God. We also have a school that is thriving but it won't if we don't continue supporting it with our money into the education fund. It will struggle and we need it to continue successfully. We are also coming into the most expensive time of year to operate our church with the utility bills going ever upward and the programs we are committed to. So, where does this next contribution come from?

If you read anything regarding stewardship, you will see where those people that give their money to God even when they knew they had bills to pay, were blessed by God every time. There have been books written that are multiple volumes of stories of God's faithfulness to a cheerful giver. Why then is it so hard to just commit the money, honor the commitment and move on?

I have the answer, do you?

Please forgive my lack of faith oh Lord. Help me to trust You fully with everything You give me and hold nothing back because it is Yours anyway and You have given it to me to use. You have the ability to multiply it over and over again. I believe. Help mine unbelief. In Jesus name, Amen.

Dave Rhynard

Health Ministry Tip
Low-Fat Diet and Health
Submitted by Nina Roberts

Can a low fat diet decrease risk of coronary heart disease? To answer that questions, 19,541 women participated in the Women's Health Initiative Dietary Modification Trial. At the start of the trial, the women were instructed to reduce the total fat in their diet to reach 20% of their calories as fat. They were able to reduce their total fat intake by 7-8%. In it's place, they increased their carbohydrate intake by a similar amount (7.6% increase).

After 8.1 years of follow up, the researchers found no change in rates of coronary heart disease or stroke. They also checked blood lipids to see if there were any changes. Overall, the researchers found no significant change in either triglycerides or HDL cholesterol levels. However, they observed that those with the greatest decrease in HDL cholesterol (lower levels increase the risk of heart disease) were those who reported:

- *The highest glycemic load (carbohydrates that are absorbed quickly, raising blood sugar levels)
- *Decreased activity levels
- *The lowest fat intake (both saturated and polyunsaturated)
- *The highest carbohydrate intake
- *The highest sugar intake

Researchers did find a slight decrease in breast and ovarian cancer bit it wasn't a statistically significant difference. While this lack of real improvement sounds discouraging, it does illustrate the importance of having a strategy to begin with. While many people thought lowering total fat intake was the best way to reduce heart and stroke risk, current research shows that it isn't effective.

The large Nurse's Health Study found no decreased risk either in breast cancer or heart disease with a low-fat diet. They did find significant decreases in heart and stroke risk, however, if the nurses decreased saturated fat consumption and used healthy (polyunsaturated) fats in their place.

Continued Next Column ➔

Health Ministry Tip Continued

As reported in the June 2010 issue of Making Healthy Choices, an analysis of 8 feeding trials showed significant decreases in coronary heart disease when saturated fat was replaced with polyunsaturated fat. The Women's Health Initiative Dietary Modification Trial gives additional evidence on the importance of not just reducing fat in the diet but eating less saturated fat and replacing it with healthier polyunsaturated fat to be effective in reducing cardiovascular disease.



Source: Don Hall, Dr Ph., CHESWellsources

PLANT-BASED FOODS REDUCE THE RISK

CHILDHOOD OBESITY: Childhood obesity risk can be reduced by up to 41% by eating more whole grains, vegetables and nuts. A study of children and adolescents found a greater intake of whole grains, vegetables and nuts reduced the risk of excess weight by 41%, 40% and 33%, respectively. Higher fat dairy products increased the risk of overweight and obesity by 36%. Nuts do have higher calories from fat but increases satiety and may decrease food intake in future meals.



MONTANA CONFERENCE CALENDAR

November

5: Montana Conference Mission Emphasis Day / Billings

11-12: MEA Senior Recognition

12: MEA Senior Play

OFFERING SCHEDULE

November 5: Church Budget

November 12: Annual Sacrifice

November 19: Church Budget

November 26: Mt. Ellis Academy



Give Thanks

Write down 4 things that you are thankful for, and then write the reason why you are thankful for it.

1. _____
Why? _____

2. _____
Why? _____




3. _____
Why? _____

4. _____
Why? _____

Calvary Kids Pages www.calvarywilliamsport.com/kids-index.html

November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 5:30 & 7:15 Seminar. See page 2.	2 11:00 Amazing Grays. 5:30 & 7:15 Seminar.	3 5:30 & 7:15 Seminar.	4 5:30 & 7:15 Seminar. Sunset: 5:16	5 Speaker: Tim Roosenberg 5:30 & 7:15 Seminar.
6 Daylight Savings Time Ends—Fall Back! 5:30 & 7:15 Seminar.	7 MVE Week of Prayer	8 6:30 - 8:00 Pathfinder Meeting. 7:00 p.m. Water of Life Board Meeting.  Election Day	9 11:00 Amazing Grays. 7:00 Prayer Meeting	10	11 Sunset: 5:07  Veterans Day	12 Speaker: Charles Geary Fellowship Meal 7:00 Harris Concert See pg. 3.
13	14	15 6:30 - 8:00 Pathfinder Meeting 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. MVE Thanksgiving Dinner	18 Sunset: 4:59	19 Speaker: Alvaro Sauza
20	21 5:30 School Board Meeting.	22 6:30 - 8:00 Pathfinder Meeting	23 11:00 Amazing Grays at manor 7:00 Prayer Meeting MVE Thanksgiving Vacation thru 27th.	24  Happy Thanksgiving Day	25 Sunset: 4:53	26 Speaker: Jim Jenkins Fellowship Meal
27	28 6:30 Church Board Meeting.	29 6:30 - 8:00 Pathfinder Meeting	30 11:00 Amazing Grays at manor 7:00 Prayer Meeting			

**Missoula Seventh-Day
Adventist Church**

**800 South Avenue West
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!!