

January
2009

Eureka
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Spiritual Thoughts

By John Carter

As we look into the new year of what God has in store for us, we know our Father has good plans for us; plans of hope, and plans of a future, (Jer 29:11). We know what our Savior, the King of kings, wants for us as well as what will take place before His return. STOP... Take a moment and think... what do you think will happen before the second coming?... Do not just read over this!!! Actually stop and think about it!!! What it could be like?... Economic depression... a Sunday law... the shaking... war... What does this look like in your mind?... What about today? This year? Where are we in prophesy? What are we looking forward to this year?... What is God calling us to?...

“Therefore, since all these things will be dissolved, what manner *of persons* ought you to be in holy conduct and godliness, looking for and hastening the coming of the day of God, because of which the heavens will be dissolved, being on fire, and the elements will melt with fervent heat??? Nevertheless we, according to His promise, look for new heavens and a new earth in which righteousness dwells. Therefore, beloved, looking forward to these things, be diligent to be found by Him in peace, without spot and blameless”, II Pet 3:11-14.

“And Jesus came and spoke to them, saying, **“All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, *even* to the end of the age.”** Amen
Matt 28:18-20.

Please notice you cannot give what you do not have!... “Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour”, I Peter 5:8. “But you, brethren, are not in darkness, so that this Day should overtake you as a thief. You are all sons of light and sons of the day. We are not of the night nor of darkness. Therefore let us not sleep, as others do, but let us watch and be sober”, I Thess 5:4-6. God is calling us to be alert, clear headed, to be ready for that day. Do we want to be ready? Do you want to be ready?

We need to redeem the time, making the most of every opportunity, (Eph 5:16). We need to buy gold from God, (Rev 3:16) by spending time with Him, by spending time with Him in His word, and by spending time with Him in the trenches in ministry.

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STOP!... Ask yourself... Ask God.....

Where am I? (Gen 3:)

Where am I spending my time???

"We are not our own.

We have been 'bought with a price' (1 Cor. 6:20), 'not with corruptible things, as silver and gold, But with the precious blood of Christ' (I Pet 1:18, 19); 'that they which live should not henceforth live unto themselves, but unto Him which died for them, and rose again' (II Cor. 5:15).

All men have been bought with this infinite price. By pouring the whole treasury of heaven into this world, by giving us in Christ all heaven, God has purchased the will, the affections, the mind, the soul, of every human being. Whether believers or unbelievers, all men are the Lord's property. All are called to do service for Him", COL pg. 326 This not just some article in the church paper.

This about how we respond to God. About how His grace is working in your life and in your heart, in our lives and hearts. Stop and think about it, God loves you and wants you in His life.... "Today if you will hear His voice, harden not your hearts..." Heb 4:7.



Gratefulness

**Moments of deep gratefulness are moments of true prayerfulness
Moments in which our heart is wide awake.**

"Hope is the word which God has written on the brow of every man."

Victor Hugo

"Education is a progressive discovery of our own ignorance."

Will Durant

**Live as if you were to die tomorrow;
Learn as if you were to live forever.**

Gandhi

Healthy Foods Report

The B Vitamins

There are several forms of Vitamin B. The primary group of the B vitamins are:
B1 (thiamine)
B2 (riboflavin)
B3 (niacin)
B5 (pantothenic acid)
B6 (pyridoxine), B7 (biotin)
B9 (folic acid), and
B12 (cyanocobalamin)

Some foods which are considered to be high in some of the Vitamin B group are oil, chili peppers, lentils, bananas, potatoes, and tempeh (soy based). In addition, molasses and brewer's yeast are good sources of B vitamins.

Dairy products and eggs are high in vitamin B12.

Oats, barley, wheat bran, avocado, Brazil nuts (and other nuts) are more good sources of B vitamins.

The Vitamin B group is beneficial and even necessary for healthy bodies in numerous ways, including (but not limited to) the following:

- Supports healthy metabolism.
- Helps maintain healthy skin and muscle tone.
- Improves immune system function.
- Improves nervous system function.
- Helps promote cell growth and division, including red blood cells.
- Helps combat symptoms of stress, depression, and cardiovascular disease.



Health Trivia

~ The thumbnail grows the slowest; the middle nail grows the fastest.

~ Like a finger print, every person has a unique tongue print.

~ The longest word in English language is:
pneumonoultramicroscopicsilicovolcanoconiosis – an inflammatory lung disease caused by the inhalation of fine silica dust

~ The air released from a sneeze can exceed the speed of 100 mph.





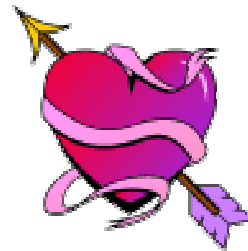
January Birthdays

January 01: Julian DeMark
January 02: Marion Adams
January 04: Kami Chattin
January 04: Andy Williams
January 07: Jeanie Stewart
January 09: Dawn Baumgartner
January 13: Martha Meade
January 13: Tommy Rist
January 13: Jaclyn Shoghi
January 14: Scott Swanlund
January 15: Peggy Dewsberry
January 17: Andrea Pfaff
January 18: Sherri Hicks
January 20: Jana Simon
January 20: Hannah Green
January 22: Kacie Chattin
January 25: Joyce Brandt
January 26: Bill Tol
January 27: Brian (Saavedra) Perez
January 29: Bonnie Salazar
January 30: Sharon Privat



February Birthdays

February 01: Elizabeth Rosenberg
February 06: Windy Dare
February 07: Dell Cudney
February 10: Denis Krook
February 12: Sarah Privat
February 13: Charles Wright
February 14: Grant Griffey
February 15: Ms. Dale
February 16: Jackie Dorrington
February 20: Ed Grant
February 24: Carol Margart
February 28: Rex Buhler



Anniversaries

February 10: Joseph Williams and
Julia Courtney-Williams
February 27: Melvin & Pat Wright

Humboldt Bay Christian School

Grades 5 – 8: Laurel Baker, Principal
Grades 1 – 4: Karen McCloskey

January 25 (Sunday)

PANCAKE BREAKFAST

at McKinleyville SDA Church

8:30 a.m. – 11:00 a.m.

Science Class Fund Raiser

Come and enjoy good food and fellowship on a Sunday morning.

January 29 (Thursday)

School Board at 6:30 p.m.

February 14 (Saturday night)

SKATE NIGHT - 6:30 p.m.

February 17 (Tuesday)

School Board – 7:00 p.m.

News from Our School Principal

I love my job and I am excited to be here at Humboldt Bay Christian School!! I get to work with great kids, teaching and learning about Jesus every day. It is such a privilege to serve our community in this way.

But beyond that, I would like to share another reason why I am excited about our school . We have been part of a study called Cognitive Genesis, conducted by the North American Division, researching how our students learn and perform. The results are beginning to come in:

The results were consistent across all analyses

- Achievement was very similar no matter the size of the school, the number of students per grade, the number of students per teacher, the number of grades per teacher, or the grade range within the classroom.
- Every group in all of the comparisons scored above predicted.

Achievement Results “controlled for ability”

- Actual achievement scores were above predicted achievement based on ability for all grades (3-9 and 11).
- Actual achievement scores were above predicted based on ability in all subject areas.
- Achievement was above average and achievement was above prediction based on ability for both years one and two of the *CognitiveGenesis* study.

What do we mean by “controlled for ability”?

- Each student’s achievement level can be predicted based on the student’s score on the ability tests.
- If a student was in the middle (50th PR) on ability, then you would expect (predict) an achievement score also in the middle (50th PR).
- In the NAD our students scored about half a grade level above what one would predict on average.

Source: www.cognitivegenesis.org

Did you see that? Our kids are doing great!! Thanks to your tremendous support, our school is a part of this wonderful news!

You can also find items about our school posted on the Church Website:
www.EurekaSda.org

Pathfinders Humboldt Bay Trackers

Club Meeting Schedule

February 5 (Thursday) at 6:30 p.m.

February 19 (Thursday) at 6:30 p.m.

You can also find the Pathfinder schedule
posted on the Church Website:

www.EurekaSda.org

A Note from our Pathfinder Club

During the month of January 2009 Pathfinders have studied the outreach honor "Christian Grooming & Manners". Some of the discussion is old-fashioned such as demonstrate how to answer the telephone or door. Some of the discussion is how to introduce a person to someone else, how to treat people respectfully, and how to be polite in conversation with others, and also trying to have insight into how other people feel who are mourning the loss of a loved one. Pathfinders will work on Knot tying and other AY requirements during the remainder of January. We completed the honor "Red Alert" recently. Each Pathfinder drew a floor plan of his/her home and told everyone the best escape route in case of an emergency, as one of the requirements.

For an outreach project in January the Pathfinders joined with McKinleyville SDA Church on Sabbath afternoon January 17. That church is providing enough food to feed up to a dozen people on Boyd Rd in Valley West on the 3rd Sabbath evening of each month. Various members donate food including bread, a main hot dish, cooked vegetables, dessert etc. The members meet at a home on Boyd Rd and deliver the food, all prepared ready to serve, to the people who facilitate the meal. Other churches in the area bring food on other days. Felicia Schneider told our club about the outreach and invited us to join. Most of the food had already been arranged ahead of time, and the Pathfinders came in full dress uniform.

Next to the home on Boyd Rd is a 2 car garage that has been made into a dining hall. The people attending the dinner and those in charge of the dinner seemed very appreciative that so many SDA people participated.

Pathfinders are free to choose various honors to work on at home. The Honors binders are out on the counter each club meeting. Pathfinders are given time each club meeting to look at the wall poster listing all the honors, and then choose from the binder worksheets with honor requirements. Lucas Mort is choosing lots of Nature honors. Honors are in various categories including Nature, Home Arts, Outdoor, Christian Outreach, Arts and Crafts and Vocational. The background colors of the honor patches show what category, such as white for nature, dark blue for Christian Outreach and so on. Some of the honors are simple. Other honors are more difficult to earn. Some of the honors we can complete during club meetings. Other honors can be done at home with parental assistance. I encourage Pathfinders to choose from a variety of honors. Our biggest challenge is to complete the AY requirement. Each grade has a different but parallel set of requirements. As a Pathfinder progresses in age the requirements are more difficult. For example, the Friend (5th grade) knot tying requirement is to know and tie 10 knots. The Friend (6th grade) has to know and tie 15 knots. This year we have children in 5th and 6th grade, and we also have three young people in the 10th grade.

Ms. Dale has volunteered to plan and facilitate a special event in the month of February 2009, on Sunday February 15 at the Eureka SDA Church. This is dependent on interest and participation.

I would also like to see a Talent Show in March 2009, which will also depend on interest and participation.

Chris Miller of the Fortuna Pathfinder Club is leading in planning a Northern California Conference campout at Patricks Point, Trinidad, set for the first weekend of October 2009. Pathfinder Clubs from all over NCC will be invited to attend. During the weekend Pathfinders will be able to complete many of the AY class requirements for outdoor activities including camping skills, knot tying, some honors, and some of the other AY requirements. This same event was held 5 years ago. Chris would like to see this become an annual event, with location of the event being rotated around the Northern CA area.

Julia Courtney-Williams

Humboldt Bay Trackers Pathfinder Club Director

Dates to Remember

January 29 (Thursday)

School Board at 6:30 p.m.
Finance Meeting will be first
on the agenda

January 31 (Sabbath)

Communion Service

February 13 – 14

“Laugh Your Way to a Better Marriage”

Video Seminar

Invite your friends to register

See information in the next column

Valentine Dinner

Pathfinder Fund Raiser

February 15, 2009 - 6:00 p.m.

Tickets: \$ 3.00 per person

Pathfinders will be selling tickets

Menu:

Baked Potato

Holiday Vegetarian Meat Loaf

Veggies

Valentine Dessert

Juice

Dessert Auction after dinner

Plan to donate a dessert

February Event

Eureka

Seventh-day Adventist Church
4251 F Street / Eureka CA / 442-6950

Join us for this 2 day VIDEO –

**“Laugh Your Way
to a Better Marriage”**

Presents God’s principles

For a successful marriage

This two day seminar is a wildly entertaining and informative marriage event designed to bring hope and positive change to marriages. It creates better communication in marriages, helps spouses better understand each others’ needs, and rekindles romance in marriage relationships.

It appeals widely to husbands, even those who may typically resist marriage ministry!

February 13, 2009

Friday: 7:00-10:00 p.m.

February 14, 2009

Saturday: 6:00–9:30 p.m.

Cost: \$15.00 per person

Couple Cost: \$ 29.00

Promotion: Mark & Windy Dare

Registration: Debbie Spoolman

Regina Anglin

Child Care: Jodi & Scott Swanlund

Refreshments: Evelyn Murphy

Book Sales: Jon & Debbie Spoolman

Debbie Spoolman is taking care of your registration needs thru the Church Office. There are also forms available in the Church foyer. Phone: (442-6950)

Vegetarian Cooking School

Presenters:
Galen & Laurie Pettey

Time:
3:00 – 5:00 p.m.

Where:
Eureka
Seventh-day Adventist Church
'Fireside Room'

When:
February 1, 2009 (1st Sunday)

Mark your 2009 calendar now!

Steven Martin, is working on Rio Lindo Academy's trip to Mozambique. This trip will take place the first part of March 2009

He needs all kinds of EYE GLASSES for Mozambique

- Reading glasses
- Prescription glasses
- Sunglasses

(used, new, big, and small)

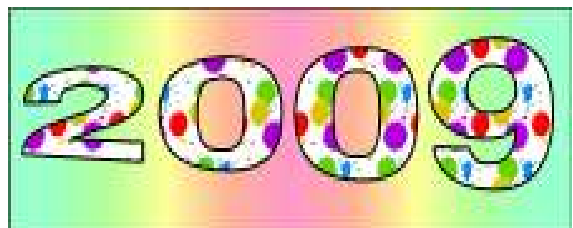
For questions - email:
smartin@riolindo.org
Phone: (707) 431-5100 ext 126

If you have any of these items, please send them to:
Rio Lindo Adventist Academy
Attn: Steven Martin
3200 Rio Lindo Avenue
Healdsburg CA 95448-9495

Church Library Books

Our Librarian is wanting to remind you again that if you have any library books sitting on your book shelves at home and you are not reading the book anymore, please remember to return it. There are others waiting to read it.

A note of interest from Bob Howard is that the longest held book was 19 years and these usually get returned after someone dies. One book from the McKinleyville Church was returned after 20 years. This was returned by Bob himself. He will tell you the story if you ask him.



Hygiene Kits For the Homeless

We are in need of sample size toiletries such as:

- Shampoo, Conditioner
- Toothbrushes & Toothpaste
- Deodorant
- Razors
- Other items suitable for hygiene kits.

You may bring any of the above items (sample size) and put them in the blue bin in the foyer.

Or you may donate to this project. Please mark your tithe envelope "Hygiene Kits".

A big 'Thank You'

To all of you who have so faithfully donated to our Homeless Project.

The lunch program has been a success because of your donations.

Thank you for your continued support.

--Your Community Services Team--

Note from Your Community Services Team

"THE BRIAR"

In the ditch there grows a briar, scratching and tearing. It sighs within itself and says, "I cannot think what I was made for. I have no beauty and no worth. If only I were a bunch of violets on the bank, I might make someone happy, or an oak tree whose branches spread out so far and whose leaves make such sweet music under the gentle breezes. Then I would be of some good."

Then along comes the gardener and digs up the little briar by the roots and plants it in his garden. Then the briar starts to mutter, "He doesn't know me or he wouldn't waste his time.

He will never get anything good out of me.

I will never be anything but a wretched briar covered with pricklers." But the gardener just smiled and said, "If I cannot get anything good out of you, maybe I can put some good into you. We shall see!"

But the briar was sadder than ever before. It was bad enough to be a briar living in a ditch, but to be among such sweet and dainty flowers and still be a briar was just too much to bear. It knew in it's heart of hearts it could never amount to anything.

Then one day the gardener came and made a little slit in the briar and put a tiny bud in it and fastened it there. After a few months the little briar rose was aflame with color and it's fragrance was most exquisite. What a transformation! There was now little resemblance to the scraggly briar whose first home was in the ditch.

You know, our Heavenly Father is the husbandman. He understands the rough stock of our humanity. He knows it's evil nature and it's little worth. He also knows how to put within it a new nature.

Not by any of our struggling or strife does it come, for it is not from within that this grace must spring, but by our surrender to our Divine Gardener, letting Him have His perfect way in us in everything. If we will but permit Him to put into us what He desires, He can get out of us what is good and what He wills.

Receiving is more than asking, it's claiming and taking. The manifestation of His indwelling may be as gradual as the development of the bud in the briar, but be assured that it is there.

Matt. 6:33: "But seek ye first the Kingdom of God and all these things shall be added unto you." Another text says, "Ye shall seek Me and ye shall find Me when ye seek Me with ALL your heart."

The more we search for God, the more He reveals Himself in us, without our really even knowing it.

That is the hope that is in us, for ourselves and for those we come into contact with each

Your Community Services Team

Meet Karen McCloskey

**She is our new teacher of
Grades 1 – 4**

At

Humboldt Bay Christian School

She writes:

I was born on Feb. 27 in Redding, CA, when it was a small town. My parents moved there two years before my birth after attending schools in southern CA. My dad bought a family medical practice in a small, rural area north of Redding toward Shasta Lake. My dad was a medical doctor and my mother was a registered nurse. They graduated from Loma Linda University when it was called College of Medical Evangelists.

My brother, Victor, was born four and a half years later. We both attended the local public schools and graduated from the high school. I attended Shasta College one year, then transferred to Pacific Union College for four years. I pursued courses leading to a teaching certificate, taking courses in fine arts and elementary education.

After graduation I began my teaching career at Napa, Novato, and Pleasant Hill SDA schools. After seven years in the Bay area, I went home to Redding to assist my mother as she was not well. I was able to work in my dad's medical office. Later I married my husband Ralph, the love of my life. After six years we had a son, Jonathan Patrick. He attended Redding Adventist School for eleven years, graduating there in 2001.

I taught kindergarten there the last six years Jon was in school. Then we made the move to Idaho, enabling Jon to attend Walla Walla College. We were closer to him as we settled in Boise. We made good friends and liked living there. But we missed our friends in Redding, too.

After Jon's years at WWC, he moved to New York and found work as a computer tech for a company that sells software to doctors. He likes it there very much, and we miss him a lot.

Now we are back in California, and making new friends. Ralph is retired from medical and lab sales and stays home taking care of Taffy our dog, Tiger the cat, and Oreo the rat. I've always liked critters, especially the furry ones.

My special interests are walks on the beach, scrap-booking, and reading, decorating my home, and being with my family.

I have 20 years teaching experience. I am enjoying my teaching assignment

I have 20 years teaching experience. I am enjoying my teaching assignment at Humboldt Bay Christian School.

